

**Spish splash at Eyster**

Moms, toddlers, dads, too dive into fun

Page 17

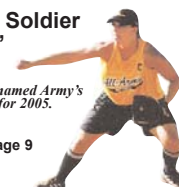


Fort Riley Post

Hospital Soldier hits homer

Softball shortstop named Army's top female athlete for 2005.

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Friday, January 27, 2006

America's Warfighting Center

Vol. 49, No. 4

Around Fort Riley**Former CG to speak at luncheon**

Staff report

Retired Lt. Gen. Freddy McFarren, former commander of the 24th Infantry Division (Mech) and Fort Riley, will be the guest speaker at this year's National Prayer Luncheon Feb. 8 at Riley's Conference Center.

The National Prayer Luncheon is held at Fort Riley on the day the nation pauses to offer prayer for a multitude of concerns, said Jan Tilley, secretary at the installation chaplain's office.

This year's program will feature McFarren speaking on "Being Found Faithful." Col. James Buckner, the Installation Management Agency's chief of chaplains, will provide music for the occasion. Prayers will be read by community members during the program.

A buffet lunch will be served at 11:15 a.m. before the program.

Bus transportation for Soldiers will be provided from Custer Hill and Camp Funston to Riley's for the luncheon.

A \$6 donation is suggested to help cover the cost of the luncheon.

For more information about the luncheon, call Jan Tilley at (785) 239-3359.

Around the Army**Fort Campbell:**

The Courier reported Jan. 19 that a 541st Transportation Company noncommissioned officer had hiked 150 miles across Florida. He did it with a buddy.

First Sgt. Michael Mosier and his friend Austin Heacock embarked on the 150-mile walk to benefit Wheelin' Sportsmen, a National Wild Turkey Federation program to encourage disabled Americans to engage in hunting, sport shooting and other outdoor activities to show the disabled they aren't handicapped.

Heacock first made the cross-state trip last year, and coming through on a promise made from Iraq, Mosier joined Heacock on this second journey. A third is planned.

Mosier recently returned from Iraq and is on leave from Fort Campbell to fulfill his promise to accompany Heacock on the walk.

For more on this story and other Fort Campbell, Ky., news, visit www.fortcampbell-courier.com/news/ on the Web.

Fort Sill:

The Cannoneer reported Jan. 26 that two wildfires that had broken out within minutes of each other on the West and East Ranges had been extinguished.

In all, the fire roared across more than 500 acres on the East Range and more than 4,500 acres on the West Range.

About 40 firefighters and as many Soldiers fought the flames.

For more on this story and other Fort Sill, Okla., news, visit www.lawton-constitution.com/cball/cannoneer.htm on the Web.

President lectures at KSU

800 Soldiers attend commander-in-chief's Landon talkBy Amanda Kim Stairrett
Staff writer

Four days after returning from serving in Operation Iraqi Freedom, Lt. Col. Oscar Hall listened to President George W. Bush talk about the war on terror with about 800 other Fort Riley Soldiers.

"It was great to come back and hear his vision and see how one of his commanders put that vision

into reality," Hall said. Hall is commander of 2nd Battalion, 34th Armor, 1st Brigade Combat Team, 1st Infantry Division. His unit deployed as part of the 3rd Brigade Combat Team of its year in Operation Iraqi Freedom.

Bush spoke at Kansas State University Jan. 23 in front of more than 8,500 Fort Riley Soldiers, Kansas State University

ROTC cadets and Kansas State University faculty members and students.

Bush talks about committing troops

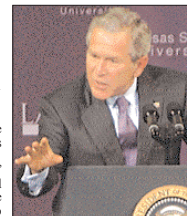
He talked about his decision to send troops to Afghanistan and Iraq and the threat of terrorism in the United States. He also talked about training Iraqi security

forces and his vision to give the Iraqi people freedom, regardless of their ethnic background.

Though it is Bush's "vision," Hall has seen it firsthand. He said structure is coming back to the country and the people are able to express their opinions without being tortured or shot.

"It was a great day to be there on those three elections on Jan.

See Bush, Page 2



Post/Stairrett
President George W. Bush makes a point about wire-tapping terrorist phone calls Jan. 23 at K-State.

Waiting's over



Post/Morelock

A group of 2nd Bn., 70th Armor, family members stand ready with their cameras as Soldiers begin entering Hangar 817 on Jan. 18.

One Soldier sees pink inside hangar

By Anna Morelock
Staff writer

Family members clad in pink T-shirts bearing the slogan "real men can wear pink" waited near the door of Hangar 817 at Marshall Army Airfield Jan. 18 for members of 2nd Battalion, 70th Armor.

The T-shirt idea materialized when Sgt. Troy Krahmer showed up at a friend's house for dinner wearing a pink shirt, said Debbie Young, one of the welcomeers in the pink T-shirt-clad group.

When he asked Young if the shirt was all right, she assured him that only real men can wear pink. After the Soldiers deployed, a few mothers decided to make up the T-shirts for when Krahmer and his buddies returned home.

Linda Carlson, Krahmer's mother, and Young sent several of the T-shirts to their sons in Iraq and got back a request for more.

We ended up making about 200 of them, Young said, and the guys thought it would be great if we all wore them when they came home.

"It's a great day in Kansas," Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, told the families, pink-clad and otherwise, who had gathered to welcome home members of 1st Battalion, 41st Infantry, and 2nd Bn., 70th Armor, at Marshall Army Airfield.

"You have helped move Iraq forward," Hardy told the Soldiers. "You have helped move the citizens of Iraq forward."

See Pink reigns, Page 3

Waiting got longer when flight delayed

By Anna Morelock
Staff writer

Three little girls in pink dresses ran to greet their mom, Maj. Cheryl Masiasak, with hugs and kisses Jan. 21 as she returned home from almost a year-long deployment in Iraq.

Masiasak was among 565 Soldiers who returned to Fort Riley that day.

The day's first redeployment ceremony in Marshall Army Airfield's Hangar No. 817 was supposed to be at 7:15 a.m., but was postponed when the Soldiers' arrival was delayed.

At 3:15 p.m., friends and families gathered to welcome home Soldiers of the 125th Forward Support Battalion and 4th Battalion, 1st Field Artillery. Loud cheers echoed through the hangar when the Soldiers finally entered.

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, welcomed the

See Mommy's home, Page 3

Added duo aids injured, families

Advocates work to help all severely woundedBy Mike Heronemus
Editor

Wounded Soldiers assigned now or in the past or who mobilized through Fort Riley have two more resources helping them return to a normal life — and maybe even to collect thousands of dollars in financial benefits they are entitled to.

Elizabeth Gray and Mark Ballinger work at Fort Riley for the Military Severely Injured Center contracted by the Department of Defense to help the armed services provide all the care and assistance wounded Soldiers deserve, Gray explained.

The center is a 24-hour, seven-days-a-week service of Military OneSource that helps wounded Soldiers and their families in a variety of ways.

Counselor/advocates look for resources

The two counselor/advocates at Fort Riley can help Soldiers and their families look for financial support, pursue education and employment opportunities, take advantage of Veterans Administration benefits, find child care support and family counseling, seek local community resources available to them and deal with specific service issues, such as the lag time between the end of active duty pay and the start of VA entitlements or even promotions that could be affected because of their medical hold status.

One such issue affects many wounded Soldiers at Fort Riley, Gray said. Soldiers who did not refuse enrollment for traumatic injury protection through the Servicemembers' Group Life Insurance program could be entitled to as much as \$100,000. Gray said some of the Soldiers recovering at Fort Riley may be entitled to a one-time, lump sum payment of \$25,000 for their disability.

The amount of the disability benefit depends on the extent of the injuries a Soldier suffered, Ballinger added.

Gray and Ballinger started working at Fort Riley in November 2005. They were hired and assigned to Fort Riley after Bar-

See Advocates, Page 4





Post, Army news briefly

Toastmasters slate meeting

Old Bill's Toastmasters seeks members from the Fort Riley and Junction City area. It is a non-profit, mutually supportive and fun-filled organization that promotes a positive learning environment.

Old Bill's Toastmasters' next meeting is scheduled from 5:30 p.m. to 6:30 p.m. Feb. 2 at Fire Station No. 2, 2245 Lacy Dr., in Junction City. Old Bill's Toastmasters meets every first and third Thursday of the month. Meetings are always free and open to the general public.

For specific information about the meeting and directions, call Jim Hill at 761-1130. For more general information about how Toastmasters can help you, visit www.toastmasters.org on the Web.

Former CG reassigned

Secretary of Defense Donald H. Rumsfeld has announced that the president has nominated Army Lt. Gen. Thomas F. Metz, formerly commanding general at Fort Riley, for appointment to the grade of lieutenant general and assignment as deputy commanding general/chief of staff, U.S. Army Training and Doctrine Command, Fort Monroe, Va. Metz currently serves as commanding general, III Corps and Fort Hood, Fort Hood, Texas.

Osterman top employee

The Directorate of Morale, Welfare and Recreation named Tina Osterman its Employee of the Quarter. She is a relocation specialist.

The nomination recommending Osterman for the award stated she had distinguished herself by upgrading the Fort Riley Standard Installation Topic Exchange Service that provides incoming military families on-line information about Fort Riley.



Tina Osterman

The nomination continued that Osterman ensured SITES is accessible to all military families and alerted supervisors when the system was down.

She attended the bi-annual relocation conference and taught a class on "Youth Sponsorship." Osterman developed and initiated that program at Fort Riley, has conducted training for youth and has the program on-line.

She has worked with Chile and Youth Services to make the program work as a way to assist incoming kids and help them adjust to Fort Riley.

Osterman also was praised for being a vital part of updating the Lending Closet, including implementation of the Client Tracking System. CTS is a new system and the Lending Closet was one of the first areas to be operational at Army Community Service because of her tenacity and work with Department of the Army.

Osterman also served as a facilitator for the Teen Army Family Advocacy Program Conference, attended the AFAP Conference and assisting in the set-up and input of issues to the computer.

Flu shots still available

Flu season typically peaks in late January or February. Military beneficiaries desiring a flu shot may walk into their Primary Care Clinic at Irwin Army Community Hospital during regular clinic hours and request the vaccination.



A Kansas State University ROTC cadet asks President George W. Bush how he deals with criticism during the question-and-answer session after the president's speech.



Post/Stairrett

Eight hundred Fort Riley Soldiers listen to President George W. Bush's speech about the War on Terrorism at Kansas State University Jan. 23. More than 8,500 Soldiers, Kansas State University ROTC cadets, Kansas State faculty, staff and students filled Bramlage Coliseum.



Post/Stairrett

President George W. Bush and Jon Wefald, Kansas State University president, display a football jersey Wefald presented to Bush at the Langdon Lecture Jan. 23.

Injured mount donated to KSU

By Alison Kohler
Asst. Com. Rel. Officer

After a year of recovery from surgery on his right front leg, Ike, a former mount of the Commanding General's Mounted Color Guard at Fort Riley, has a new mission.

Kansas State University's Veterinary Medicine Teaching Hospital in Manhattan will keep the 13-year-old sorrel quarter horse in their teaching herd.

Students use mounts in the teaching herd to learn basic horsemanship, functional anatomy and routine procedures. "Nothing mean," said Dr. Jim Lillich, associate professor.

K-State's VMTH performed surgery on Ike in February 2005 and had continued some of his follow-up care.

"We knew the horse and we had a spot. We had put a lot of time and effort into him," said Dr. Laurie Beard, associate professor.

The CGMCG used Ike for parades and jumping demonstrations until last January, when he chipped his pastern bone after a demonstration jump.

Fort Riley veterinarian Capt. Clarissa Hackett said Ike had healed enough to participate in parades, but he was not able to do the jumps in demonstrations without risking re-injuring his leg.

"He's a good horse; he's just non-mission capable," said Chief Warrant Officer Kevin Stonehouse, CGMCG commander.

Personally, however, the decision to send Ike to K-State was difficult for Stonehouse. "I'm attached to every horse. You're with them every day. When they leave, it's tough. It was somber around the barn today," Stonehouse said.

THE MARTIN AGENCY
4 x 10"
Black Only
TOMES a great time to A6632NF40

Bush

continued from page 1

30, the 15th of November and 15th of December to watch as people embraced their newfound freedom," Hall said.

Hall's unit was responsible for providing training and support for two Iraqi battalions.

"When I got there a year ago, the Iraqi forces weren't trained; and now they are," he said.

Bush defends wire-tapping

This is a different kind of war and a different kind of enemy, Bush said when justifying his administration's domestic surveillance program. The wire-tapping program allows government officials to monitor calls to and from suspected terrorists.

Hall said it gave him a sense of pride sitting among Soldiers while listening to Bush speak. This is his second time serving under a commander-in-chief during wartime. The first time was under President Bush's father during Desert Storm.

Serving fulfills a quest in my life, Hall said, "to set the future for a better world for my children, and ... all the Americans in our great country."

Amanda Kim Stairrett can be reached at amanda.kim.stairrett@us.army.mil or 239-3977.





Soldiers holding flags of the 3rd Brigade Combat Team, 1st Armored Division: 596th Signal Company and 245th Military Intelligence Company stand at attention at a redeployment ceremony in their honor Jan. 23. Soldiers from the 977th Military Police Company also returned that night. The 245th is an Oklahoma Army National Guard unit of the 45th Inf. Bde. (Separate). The guard unit's Adjutant General, Maj. Gen. Harry M. Wyatt III, also attended the ceremony.

Post/Stairrett



3rd Brigade 'replants' unit flags at Fort Riley

Pink reigns continued from page 1

While in Iraq, the units supported the writing and drafting of the national constitution and supported an election.

More than 200,000 citizens voted in the units' area because of the work the Soldiers did, Hardy said.

He also commended the Soldiers for helping to stand up schools and neighborhoods, working with the transportation and medical systems and helping

everyday people get back on their feet.

Hardy also acknowledged the families of the Soldiers for taking care of things at home while their spouses were deployed.

After a moment of silence to honor fallen comrades, Hardy announced the units' mission complete began the race to embrace loved ones when he released the Soldiers to their families.



Sgt. Jacob Stewart is greeted by his wife, Tabitha, their sons, William (on his shoulders) and Jacob, and their daughter Ellen at the redeployment ceremony Jan. 17.

Post/Morelock



Post/Stairrett

Danna Kirk holds up a sign for her father, Staff Sgt. Jason Kirk, of the 1st Bn., 13th Armor, as her mother, Shelly, waits and Diana Bliss holds up a sign for Sgt. Scott Craft of the 596th Signal Co. The three welcomed back Soldiers Jan. 23 during an evening redeployment ceremony.



Post/Stairrett

Brandon Wells slaps the hand of a Soldier as he enters Hangar 817 during a redeployment ceremony Jan. 23. Wells stood by the entrance and greeted every returning Soldier who walked into the building.

CANDLEWOOD HEALTH MART PHARMAC
2x2
Black Only
2X2 Candlewood H/Jan TF



Post/Morelock

Maj. Cheryl Masisak is welcomed home after about a year in Iraq by her three daughters, Sammy, Haley and Kayla, Jan. 21 at Marshall Army Airfield.

Home continued from page 1

troops by thanking them for their time in Iraq and thanking families for supporting them at home.

The reunited Soldiers and families found the Soldiers' duffel bags and left the hangar quickly, only to be replaced by another group of family members and friends waiting for another group of returning Soldiers.

About 4:45 p.m., the second group of about 275 Soldiers from 1st Battalion, 13th Armor, and the 70th Engineer Battalion reached Hangar No. 817 to be reunited with their families in an emotional scene that will be re-enacted at each redeployment ceremony until all the post's Soldiers are home.

PATS PAWN & GUN
2x2
Black Only
2X2 Pat's Pawn & Gun

SCREEN MACHINE
2x2
Black Only
2X2 Screen Mach/Jan TF



Pentagon fire displaces 3,000 workers for day

By Sara Wood
AFPS

WASHINGTON — Some 3,000 workers were back in the Pentagon Jan. 20 after a fire the previous morning displaced them, a Defense Department spokesman said.

No one was injured in the fire that began in the kitchen of the third-floor Executive Dining Room, spreading to the air-duct system. All five floors in Corridors 1, 9 and 10 were evacuated, the spokesman said.

The fire caused extensive smoke damage to Corridor 10 on the fourth and fifth floors, and lower floors were damaged by water leaking down from the affected area, the spokesman said. Damage from the three-alarm fire was estimated at \$200,000.

Some 80 firefighters from Arlington County, the civilian jurisdiction in which the Pentagon is located, responded to the blaze. After extinguishing it, they knocked down walls to ensure ducts were clear, the spokesman said.

The affected area was in an older section of the building and contained asbestos, so Pentagon safety and health officers had to assess the risk before allowing workers back in, he said.

Repairs to the damaged area began the morning of Jan. 20. The entire area, except the Executive Dining Room and two rooms above it on the fourth floor are fit for reoccupation, according to information from the Pentagon Building Management Office.

All building systems, except the exhaust fan that has the fire and an adjacent fan that serves the

Executive Dining Room, are operating properly, officials said.

The 63-year-old structure is undergoing a \$1 billion, multi-year renovation. The project started in the early 1990s and involves a complete overhaul of the interior of the Defense Department headquarters.

The Pentagon renovation project is divided into five wedges. Wedge 1 was almost complete when a terrorist-hijacked commercial airliner slammed into the Pentagon on Sept. 11, 2001. The plane struck that section, so it had to be rebuilt while construction continued on Wedge 2, which was completed in December 2005.

Work on Wedge 3 should be completed in October 2007, officials said. After that, Wedges 4 and 5 will be renovated. The entire project is expected to be completed by December 2010.

FAITH FURNITURE
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3d10 Faith Pam

Post Tax Center opens

Staff helps military families file taxes for free

By Shaina Clark
19th PAD

Fort Riley's Tax Center opened with a ribbon cutting ceremony at the Soldier and Family Support Center Jan. 16.

Col. Thomas Smith, Garrison commander, thanked tax preparers in advance for helping Fort Riley Soldiers, family members and retirees during the tax season.

The Fort Riley Tax Assistance Program provides free federal and state personal income tax preparation and electronic filing for Soldiers, family members and retirees.

The program was started to help Soldiers prepare and file their federal and state tax returns. Lt. Col. David Velloney, 24th

Infantry Division (Mech.) deputy staff judge advocate, is excited about where the program is headed this year. "Every year we have increased our numbers," Velloney said. "Let's keep it up this year" he challenged the preparers.

Last year, the program reportedly saved Fort Riley Soldiers more than \$771,877 in tax preparation and filing fees and assisted them in claiming more than \$7.5 million in federal and state tax refunds.

All Tax Center personnel will be able to perform tax assistance work within their units and at the Tax Center during the tax season.

The Tax Center is located in Rooms 29 and 30 of Building 7264.

Hours of operation will be 9

a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. Saturdays April 15.

Documents needed to have returns prepared are:

- A valid military identification card
- Copies of all W-2 forms
- Copies of Forms 1098, 1099
- Form 8332 or a copy of a divorce decree for non-custodial parent claiming a child dependent
- Social Security cards for spouse and any other dependents shown on the tax return.
- Child care credit statement
- Copy of prior year's tax return, if available
- A voided check, if direct deposit is wanted.

For more information or an appointment, call 239-1040.

Advocates

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bara Thompson of the Office of the Secretary of Defense visited the post in May 2005 to explain about the center and what it could offer to help wounded Soldiers and their family members.

"We had been struggling for about two years, using local assets to give all the services available and deserved by severely wounded Soldiers," said Ken Stegeman, installation adjutant general in charge of personnel services. "What she offered was just what we needed."

Adding the two counselor/advocates at Fort Riley put referral to all available resources in one location, easily accessible to Soldiers and families, Stegeman said. It also gave Fort Riley two more people dedicated to finding other resources that could be used to help individuals with unique needs, he said.

Right now, Gray and Ballinger put a lot of effort into getting needed information to wounded Soldiers, family members, military leaders on post and care professionals.

"We want everyone to know who we are and what we do," Gray said.

The two specialists have otherwise helped 14 Soldiers and their family members with individual needs, but they expect that number to increase as more people learn about what they can do to assist Soldiers and families.

Want more information?

Visit Room 020 in the basement of Building 212 on Fort Riley. The local MSI Center counselors are co-located with Fort Riley's Casualty Branch.

Call 239-6456, (785) 249-6385 or (785) 249-6393 to get the Fort Riley office or call (888) 774-6253 to get the MSI Center directly 24 hours a day, seven days a week.

Send e-mail to elizabeth.gray@militaryonesource.com or mark.ballinger@militaryonesource.com.

Each severely wounded Soldier is assigned a case manager at the MSI Center in Washington, D.C., and at the local hospital where care is being given, Gray explained. That is to ensure that no servicemember gets less than the best care and help in adjusting to his or her injuries, she said.

Case managers at the Fort Riley Casualty Assistance Office estimate that a few hundred Soldiers they treated left the Army before Gray and Ballinger were hired.

Some may still need assistance, and the two advocates will try to

track them down to help them if help is needed, Ballinger said.

"We think 100 to 200 of those Soldiers who left in 2005 have likely stayed in the area, so they might not be hard to find," Ballinger said. Trying to track everyone back to 2001 will be difficult, especially because so many Reserve and National Guard Soldiers demobilized through Fort Riley, he added.

The two counselor/advocates are concentrating on finding Soldiers released within the past year, and then they will expand their search as they have time and resources to do that.

For those Soldiers still on active duty and in rehabilitation for return to duty or before being released from active duty on the recommendation of a medical board, Gray and Ballinger do what they can to search for assistance that can ease the Soldier's return to a more normal life, ease his or her life while recovering, cut red tape for VA benefits or help the Soldier become mentally prepared for the medical board process, Gray said.

"We have wounded Soldiers at Fort Riley, and they deserve our assistance and access to all programs that can help them," she said.

Mike Heronemus can be reached at mike.heronemus@riley.army.mil or 239-8854.

CHARTER COMMUNICATIONS- THAYER
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Black Only
3X10.5 Charter/Digital Big





Commentary

Friday, January 27, 2006

Fort Riley Post

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Riley Roundtable

This week's question:

Many people complain about customer service. What person or organization on post has been helpful to you in your military or personal life?



"The vendor in the PX who sells name tags. He's really friendly and always asks, 'How can I help you?'"

Sgt. Jericho Beauchamp
Truck driver
2nd HET Detachment
Home: Oakland, Calif.



"Colleen Shanklin, Col. (Thomas) Smith's secretary. I have to deal with her a lot. She always answers even the dumbest question with a smile and a straight answer."

Pfc. Seth McKenzie
Training room clerk
HHC, 24th Inf. Div. (Mech)
Home: Lancaster, Pa.



"An employee at the post housing office. She worked very hard to get us into quarters on post as quickly as possible."

Dayra Sollenberger
Military spouse
Home: Panama



"The person at Public Works who helped with the flooding problem in our basement on Main Post. The immediate response team arrived quickly and he worked to identify what needed to be fixed eventually. Even when I was upset, he was very cordial."

Sgt. 1st Class Tim Sollenberger
Fire support coordinator
1st Bn., 28th Inf., 4th IBCT
Home: Mechanicsburg, Pa.



"William Brooks, a loan officer at Fort Riley National Bank. He was never misleading when I applied for a loan. If I didn't understand something, he explained everything so I understood it."

Sgt. Harry B. Willis III
Truck driver
2nd HET Detachment
Home: Stockton, Calif.

Next week's question:

Minor league baseball and hockey teams are trying to come to Junction City. How successful do you think they would be in drawing fans?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592.

Pen Points

We're going to take an in-depth look

By Mike Heronemus
Editor

The "life of Riley" has never been laid back, as the old bro-mide suggests. Especially since the Global War on Terrorism began in earnest in 2001, few Soldiers, civilian employees and family members have had more than a little time to kick back and relax. The demands placed on everyone connected to this historical installation has called for extra effort to meet continued and added military missions and support in accomplishing those missions.

Then came the Base Realignment and Closure Commission's decision to ramp up activity at Fort Riley even more in the coming few years. Addition of three new brigades and return of the 1st Infantry Division's Headquarters and the new equipment, buildings, Soldiers, family members, civilian employees and contracted services that come with them means significant changes for the post and in the "life of



Mike Heronemus

ation Iraqi Freedom, serving as support of Operation Enduring Freedom and able forces and training other transition teams from across the U.S. Army before their deployment to Iraq. For the Post, the mission is not so much a new one, just an expanded one - keeping readers informed of what is taking place and how the changes are affecting the lives of people at Fort Riley and in the communities near the post.

Next week, the paper begins a series of articles that will detail

Riley." A change in 1st Brigade's future mission will create more change. That mission will now focus on providing security force elements in support of Operation Enduring Freedom.

The changes being made, the progress taking place and the impact on all our lives. Those articles will appear as quickly as the Post staff can produce them - ideally each week, but certainly two or three times a month.

Already readers are being told about the switch to the Residential Community Initiative that will bring Picerne Military Housing to Kansas to manage family housing on post beginning in June. Articles about that change will be easy to find because the Picerne logo will be displayed with each one.

Other articles will be branded with a special logo to tell readers they contain information about the changes being made at Fort Riley and their impact. For example, early articles will cover some of the construction taking place all over the post and some of the military housing concerns for single Soldiers and units coming home or moving in.

Improvements to post infrastructure, such as roads and utilities, will be looked at, as well as developments off post, such as

highways, schools, residential development and added services to accommodate the population growth these changes will bring.

The Post newspaper developed a long list of story ideas that will keep us busy for a few months, but anyone with questions about what is happening can help us do our best to tell all that needs to be told. They just need to contact the editor and talk about what is on their minds.

Right now, the end is not in sight. Significant changes will occur at Fort Riley well into the future, and we all know that sometimes change is hard to accept. The Post newspaper staff hopes that such resistance to change can be assuaged by explaining the reasoning behind the changes and preparing everyone to meet and deal with the impact of those changes.

Mike Heronemus can be reached at mike.heronemus@riley.army.mil or 239-8854.

Letter to the Editor

Complaint deserves fast 'shame on you'

This is in response to Spc. Richard S. Hurley's letter, "We must practice what we preach," printed Jan. 20.

Where should I start? As I read that letter, I found myself running a gamut of feelings. The first feeling was sympathy, because I was stranded once in western Kansas, when my transmission decided to take a dump. My breakdown was a bit more severe than the one Hurley described, but none-the-less, I sympathized.

My sympathy was short-lived. It lasted to toward the end of the second paragraph, when it astonishingly, turned to bewilderment. I am assuming his motorcycle doesn't have an automatic transmission. If it does, I apologize. If it does not, Hurley should slap himself for being ignorant, because he could bump-start a manual transmission.

At this point, Hurley's letter still had my attention for its humor value. I mean, really, the second time he was on a hill? How hard would it be to turn the bike around, coast down the hill and thump his posterior end on the seat as he shifted into second gear?

My smirk soon turned to a sneer once I read the fifth paragraph. How dare a Soldier compare that situation to the Warrior Ethos!

In my opinion, the passersby probably didn't view Hurley as stranded. In my experiences on

Fort Riley, I never had to walk very far up any of the post's hills when my transmissionless car sat at a rest area 250 miles away, leaving me to leg it all over post. Every time, without fail, someone would pull over and offer me a ride. Throughout my ordeal, I was chauffeured around Fort Riley by almost all the ranks the post has to offer (thanks again sirs, sergeants major, top, sergeants, specialist and civilians who offered their assistance).

For Hurley to compare his situation to that of "I will never leave a fallen comrade" is outrageous. The word "fallen" refers to a mate who has been wounded in battle, not some guy sitting on his motorcycle, probably jaw-jacking on the cell phone while waiting for a jump-start he doesn't need in the first place.

And another thing, for a passersby to leave would imply they were with Hurley.

I would bet my bottom dollar if he was walking away from his bike, carrying his helmet, he would have received assistance.

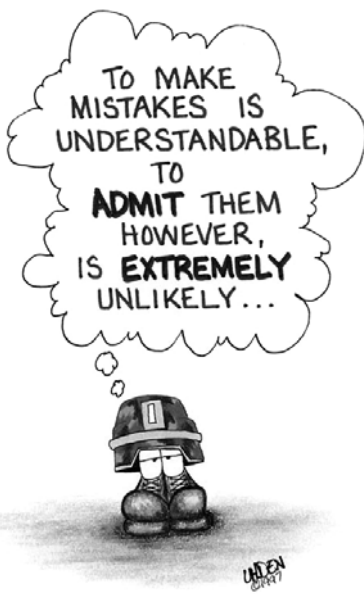
I don't want to rant, but I will. It is my belief Hurley doesn't fully appreciate or realize his luck at getting Fort Riley as a duty station. He could be in a lot worse places for that region of the country.

Maybe he should be grateful he is not "Lost in the Woods" or getting mugged in the "Hood."

William Biles
Veteran, U.S. Army

The Post encourages readers to write their views on situations affecting military life, especially life at Fort Riley. Letters must contain no libelous remarks and may be edited to fit space. All letters must include the writer's full name and phone number or e-mail address.

Grunt By Wayne Udden



FORT RILEY POST

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What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas):



'Iron Rangers' climb back inside 'tracks'

About the Bradley



A tracked armored fighting vehicle
Weights about 30 tons when fully loaded
Highly lethal part of the Army's arsenal
Armed with a 25mm automatic chain gun that fires armor
piercing and high explosive rounds to destroy light to medium
armored vehicles and built-up structures.
Armed with M240C coaxial machine gun used against
enemy ground Soldiers
Armed with TOW (Tube-launched, Optically tracked, Wire-
guided) missile launcher that can level heavily armored targets
more than 2 miles away
Three-man crew includes a gunner, driver and vehicle com-
mander
Crew uses an integrated sight unit to acquire, track and
engage targets
ISU uses thermal imaging system to pick out prey day and
night.

By Ryan McLane
1st Bn., 16th Inf.

Fourteen Bradley Fighting Vehicles rumbled and growled against the 5 a.m. darkness Jan. 3 in the 1st Battalion, 16th Infantry's, motor pool on Custer Hill.

While most of Fort Riley still slumbered, Company C Soldiers worked diligently to prepare for departure to Range 18 and what could possibly be their last Bradley gunnery exercise for a year or more. The unit expects to deploy overseas sometime in 2006.

For the past seven months, "Iron Rangers" of the 1st Bn., 16th Inf., including "Bandito Charlie," has prepared for the redeployment of the 1st Brigade, 1st Infantry Division, to the Iraqi theatre of operations.

During this time, training focused on dismounted light infantry and motorized "Humvee" tactics, techniques and procedures not done with the battalion's most recognizable piece of equipment — its BFVs.

When Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Ft. Riley, issued a short notice direction for the "Iron Rangers" to execute Bradley gunnery that would include Table VIII and Table XII

live-fire exercises, the battalion staff, under the guidance of the battalion commander, Lt. Col. Frank Zachar, shifted its focus from dismounted and motorized training to training with their Bradleys.

Rising to the challenge of planning this time and resource intensive training on short notice, the officers, noncommissioned officers and Soldiers of 1st Bn., 16th Inf., hunkered down and concentrated on the pre-requisite training necessary for safe and effective Bradley Table VIII crew qualifications.

"Iron Ranger" crews fulfilled pre-requisite training with classroom instruction on the BFV weapon systems and its capabilities, ammunition capabilities, fire commands and crew duties. Crews also completed required training on the Unit Conduct of Fire Trainer and Bradley gunnery skills testing.

The UCOTF is a computerized, built-to-scale re-creation of the inside of a Bradley turret. Computer scenarios that show up on the Bradley integrated sight unit and other sights train the crew members on scanning techniques, target acquisition and engagement techniques as well as build essential crew coordination and teamwork.

Each Bradley crew conducted

27 different simulations, each progressively more difficult than the previous one.

The scenarios required the crews to engage and react to engagements by ground soldiers and Soldiers in tanks, trucks, armored personnel carriers, jeeps, etc., including single and multiple stationary and moving targets at various ranges and in varying weather conditions.

BGST tests 14 "hands on" skills ranging from loading the 25mm automatic chain gun to clearing malfunctions on the BFV's three weapons systems. All "Iron Ranger" crews completed the mandatory prerequisite training and progressed to the live-fire portion of Bradley gunnery.

On that cold and dark January morning, the 14 "Bandito Charlie" Bradley crews arrived at Range 18 for their pre-Table VIII firing table, known as the Bradley Crew Proficiency Course, or Bradley Table II. Crews run through the BCPC without live ammunition to familiarize themselves with handling their 30-ton behemoths while engaging targets.

The "dry fire" BCPC also allows crews to hone crew coordination before they put live rounds downrange.

Bradley Table VIII gunnery

rates crews as "T," "P" or "U" — Trained, Needs Practice or Untrained. The best possible score for a Bradley Table VIII crew qualification is 10 "T's" in 10 engagements.

A perfect 10 earns the crew the infrequently earned rating of "Distinguished." Eight "T's" in 10 engagements earns a crew rating of "Superior." A crew must achieve at least seven "T's" to qualify.

"Iron Ranger" crews executed their Bradley gunnery at Range 18 Jan. 3-13. After completing BCPC and before qualification on Bradley Table VIII, Co. C and Company B conducted two practice live-fire Bradley Tables (VI and VII).

These practice tables provided an opportunity for crews to finalize crew duties and coordination and re-emphasized the most important aspect of being on a BFV crew: putting "steel on target."

Of the 30 crews that fired during "Iron Ranger" Table VIII gunnery, four achieved distinguished ratings, 12 rated superior and 14 others qualified.

Bradley gunnery skills continue with Table XII training for the "Iron Rangers" in February.

DoD to begin personnel system implementation in April

Department of Defense

The National Security Personnel System's vastly re-worked Spiral 1.1 will be implemented in late April.

About 11,000 Department of Defense employees will initially enter the system. A complete list of organizations entering the system can be found at <<http://www.cpms.osd.mil/nsps/Notification011306.pdf>>.

Under the timeframe announced:

- Spiral 1.1 will begin April 30.

The rating cycle will extend

through October 2006 and the NSPS payout will occur in January 2007.

- Spiral 1.2 will begin Oct. 1, 2006.
- Spiral 1.3 will begin January 2007.

Spiral 1.1 organizations, originally consisting of about 65,000 employees, were last scheduled to transition employees to new performance standards beginning in early February. DoD originally had wanted to begin implementing NSPS in November 2005, but delayed the personnel system until February, at the earliest.

On Dec. 23, NSPS Program Executive Officer Mary Lacey released a memorandum, asking NSPS program managers to "put all of your January NSPS-specific content training on hold."

"Ensuring that we 'take the time to do this right' has always been a principle in our event-driven implementation approach.

"We want to ensure that our employees, supervisors and leaders fully understand this system and have the tools to succeed in a results-focused, performance-based environment," Lacey said.

Lacey asked, however, that the

program managers press ahead on communication, alignment of strategic plans and goals with performance objectives and with soft skill training initiatives.

The content training will remain on hiatus until mid-March,

but training will proceed at the Naval Sea Systems Command. According to an NSPS press release, NAVSEA will "serve as the DoD training pilot."

It is possible that DoD will not maintain the newly announced

timeframe.

A coalition of federal unions has filed a lawsuit seeking to derail NSPS. The U.S. District Court for the District of Columbia will begin hearing the case Jan. 24.

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Post, Army news briefly

Survey online for employees

The Army civilian attitude survey is open to all Army civilian employees, supervisors, and managers. It can be filled out online at <http://cpol.army.mil/survey/das> survey.

More than 230,000 Army civilians are being asked to provide input on major issues of the day. The survey asks hard-hitting questions about leadership and management, performance culture, morale, retention, training and development, fairness, and other hot-button topics. The results of this survey provide baseline attitudes and opinions that are used as the starting point to evaluate the effectiveness of Army programs. The survey is voluntary, strictly confidential, and no names are used. Employees can take it during normal duty hours at work since the survey is considered official business. The survey is available online until January 31.

Benefits plan in open season

Congress has set a one-year open enrollment period (October 2005 – September 30, 2006) to allow residents to enroll in the Survivor Benefit Plan (SBP) or increase their participation.

Congress set the open season after eliminating the SBP social security offset that reduced SBP coverage from 55% of the base amount elected to 35% of the base amount at age 62. The new plan provides 55% benefit regardless of the age of the annuitant.

Those considering making an SBP open season election should go to http://www.Military.com/sbp_faqs to get answers that will help with the decision.

Residents must update info

Fort Riley housing residents must ensure that the information on record at the Housing Office is current. During the recent weather emergency at Ellis Heights, it was discovered that some occupants' vital information was no longer accurate. Updates to housing records must be made when changes occur, including change of rank, change of unit, change of duty or home telephone numbers (adding a cell phone number allows the Housing Office representatives a way to contact residents when an emergency arises) and number of dependents change.

Updating information is as easy as calling the Housing Office at 239-3255, sending a fax to 239-2493 or stopping at the Housing Office in Building 45 on Barry Avenue from 7:30 a.m. to noon and 1 to 4 p.m. Monday through Friday.

Residents must also complete a housing absence form for absences longer than seven days. The form will include an emergency contact number where the resident can be reached and the name and phone number of a person who has agreed to be a house watcher.

For more information, call Paula Fultz at 239-3265 or 239-2498.

Cell phone use restricted

Drivers are prohibited from using a cell phone while driving on Fort Riley unless they use a hands-free device.

Riley's offers lunch buffets

Riley's Conference Center offers a lunch buffet from 11:30 a.m. to 1:30 p.m. Monday through Friday.

For \$6.50, diners will receive a hot entree with side dish, soup of the day, gourmet salad bar, and iced tea or water to drink.

Military treats 'whole' person

Wounded Soldiers get all help they need to stay in or move to civilian life

By Anna Morelock
Staff writer

One Armor battalion's "top kick" recalls waking up in what he thought was a factory. In reality, he was lying in a hospital room at Walter Reed Army Medical Center in Washington, D.C.

First Sgt. Kevin Walker of 1st Battalion, 34th Armor, was on a patrol in Ramadi, Iraq, on May 4, 2004, when an improvised explosive device hit the "Humvee" carrying him.

Walker said he has two brief memories of that experience before waking up at Walter Reed.

The first was someone yelling. Two other Soldiers in his "Humvee" were also hit and screaming in the back of the vehicle. Walker was slumped over in the front of the vehicle, not moving.

Walker said he remembers hearing his gunner yelling at him, so Walker yelled back.

"He was hollering at me, trying to get a response, when I cussed at him."

After that, Walker briefly remembers being in a field hospital at Ramadi.

When the IED hit Walker's vehicle, a piece of shrapnel entered the right side of his nose, smashed through his sinuses behind his left eye and imbedded itself in his skull.

Walker went to Baghdad for five days. Doctors there stabilized him as well as they could, and then transferred Walker to Landstuhl Regional Medical Center in Germany, where he stayed four days before being sent on to Walter Reed.

Walker woke up 20 days after the incident. Four days after waking up, Walker still had no idea where he was.

"They'd ask me the question, 'Where are you at?' I'd say, 'a factory,'" Walker recalled.

"They'd point to my wife, 'Who is she?' 'I don't know,'" Walker's wife, Patti, said she didn't know where to turn when she'd found out her husband was wounded.

"She had no clue what was going on when I got hurt," Walker added. "She had no one helping her at all."

But, she found a way to join her husband at Walter Reed.

On May 29, 2005, Sgt. Jeffery Beltran of Company A, 70th Engineer Battalion climbed into his gunner's position in a "Humvee" on patrol outside of Tajikistan.

The three Soldiers in the vehicle had driven through the farm field when on patrol before; this time, Beltran said he thought something was amiss. He bent down to yell to his driver.

"I heard this loud crack and the sound being sucked out," Beltran said, describing what happened next. "The next thing I remember is waking up in total darkness."

Beltran said he "popped out like a cork" from the gunner's hatch as the "Humvee" hit an improvised explosive device buried in the field.

"Everything pitch black. Dirt, rocks, metallic parts were all raining around me," Beltran said, "and just an orchestra of pain."

Beltran said he briefly lost consciousness but started assessing his situation immediately upon waking. He started by wiggling his toes.

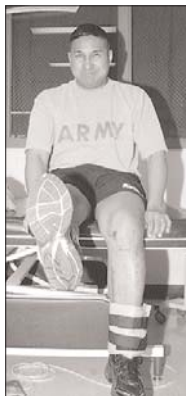
Beltran found he couldn't bend his left knee, and as his legs began to swell he knew there was a problem.

Beltran had a broken knee, a broken fibula, multiple contusions and other injuries.

"You can only prepare for it mentally, but when it actually happens to you, that's when all that reading or preparing comes in to it," Beltran said. "It's second nature."

About 30 minutes later, Beltran, his driver and gunner were assessed by medics and started their roads to recovery.

In Baghdad, Beltran was stabilized before being sent to Land-



Post/Morelock

Sgt. Jeffery Beltran works on leg lifts during physical therapy at Irwin Army Community Hospital. If he had to assess himself, Beltran said he thought he was about 75 percent through his recovery process.

stuhl RMC in Germany and then home to Fort Riley, where he was admitted to Irwin Army Community Hospital.

IACH takes a multidisciplinary approach to treating wounded Soldiers, said Maj. Richard Baxter, chief of rehabilitation services. Everyone gets involved to get Soldiers back to full function, he said.

"The most common injury we see are from IED blasts," Baxter said, referring to the hospital's physical therapy staff.

A Soldier Baxter recently followed up with went from being stuck in bed to using crutches and progressing to a cane. The Soldier now is trying to run.

"The goal for us is exactly that," Baxter said, "to go from bedridden with wounds and trying to recover from fractures to (getting) back up and running down the road. It's very rewarding for our staff to be able to work with folks, to see them through that whole process."

After being wounded, Soldiers may have the option to leave the Army and return to civilian life or stay on active duty. Some leave, but many just work harder to return to the Army life they've known, Baxter said.

"I know people that were looking at amputation or being boarded from the Army early on," Baxter said, "but they really wanted to stay and kept working on it, and they were able to stay in the Army."

"They've got great attitudes about the whole process, and they've gotten great care from start to finish," he said. "They work hard. They want to get better. That's exciting for us to see."

Beltran said he had to wait awhile to be admitted once he made it to IACH. Once in his room on the second floor ward though, he said the treatment he got was awesome. The staff went out of their way to help him, he said.

Walker was never admitted to IACH as an in-patient. He has undergone physical therapy at the hospital and goes to regular doctor's appointments there.

"Irwin has really helped me out," Walker said. "They've really taken care of me."

Walker personifies the goal described by Baxter. He went from being bedridden to a wheelchair, to crutches, to a cane and now does physical training with his unit every morning.

"I'm back to normal," Walker said.

After learning the hard way what she needed to do when her husband was injured, Patti Walker started the Wounded Soldier Outreach and Support group at Fort Riley to help other Soldiers and families.

After the spouse is notified that their Soldier is wounded, a liaison from WSOS contacts the family to offer help.

Help consists of providing

information on the hospital where the wounded Soldier is staying, providing meals to the family, helping arrange lodging and travel, setting up barracks and welcoming home the Soldiers.

"We help them think about the things that they probably aren't thinking about at the time," Patti said.

The group also provides a place where Soldier's can meet others who have been wounded. "I've prepared myself for stuff like this to happen," Walker said. "I don't like that it happened, but I was prepared for it."

Walker, who had already deployed to Bosnia and Desert Storm, was prepared, but a lot of the younger Soldiers aren't, he said. "I try to give them advice from what I've learned," Walker said about his involvement with WSOS.

WSOS helped Beltran by making travel arrangements for his parents and delivering meals to him after he returned. They go out of their way to help no matter the Soldier's rank or marital status, Beltran said.

WSOS has an informational meeting on the first Tuesday of every month. For more information on the program call (785) 239-4375.

Formerly called the Disabled Soldier Support System, the U.S. Army Wounded Warrior Program assists severely wounded Soldiers.

The program is designed to provide severely wounded Soldiers and their families with a system of advocacy and follow-up with personal support to assist them as they return to duty or to civilian life, according to an Army news release.

"The U.S. Army Wounded Warrior Program is all about taking care of severely wounded Soldiers and their families – about never leaving a fallen comrade – and truly supporting the Warrior Ethos these Soldiers have embodied in their service to our nation," the release quoted Col. Mary Carstensen, program director.

"This is where we need to do it right – to work closely with those warriors during and after recovery. Recovery is not limited to physical needs, but includes emotional, spiritual, financial and



Courtesy photo provided

An explosion caused by an IED cut the "Humvee" carrying Sgt. Jeffery Beltran in half. Beltran was briefly unconscious after he was "popped out like a cork" from the gunner's position, he said.

occupational needs as well," Carstensen said. "Whatever it takes, we are committed to taking care of our own."

For more information on the U.S. Army Wounded Warrior Program call (800) 833-6622.

"They didn't think I was going to make it," Walker said about his time in the hospital. "I'm just too stubborn."

Walker made it and is now back to normal. He and his wife recently made a trip back to Walter Reed so he could be fitted with a prosthetic eye. At Fort Riley, he is busy doing PT with his unit in the mornings and working with the rear detachment during the rest of the duty day.

"The care that I have been given has really helped me out," Walker said.

Walker said when he first started to get back into physical shape, he was afraid the exercise might cause a burst blood vessel or something. "The doctor says, 'no, you're normal, you need to realize you're normal and act like it,'" Walker said.

If he had to assess himself, Beltran said he'd say he's about 60 to 75 percent through his recovery process.

Besides the physical aspects of his injury, he's dealt with anger issues, survivor's guilt and just learning to decompress from being in combat operations, he said.

"I had to adjust from being a leader as a non-commissioned officer," Beltran said, "to having to deal with being dependent upon others to help me in my healing process. That was a very hard and humbling experience for me, and I'm pretty sure for a lot of people."

Besides continuing physical therapy, Beltran goes to mental health services to talk about coping with his experiences.

Beltran said the incident and the wounds are something he'll have to deal with the rest of his life, but he thinks it's important to share his experience with others.

Beltran's fiancée, Belinda, has been around to help him since he returned from Iraq. It's been a very emotional time for both of us, Beltran said, but he thinks their relationship has grown stronger.

"It's actually enhanced it a lot because we were able to get through a challenging time in our life," he said.

Since the beginning of Operation Iraqi Freedom on March 19, 2003, through November 30, 2005, 3,106 Soldiers were wounded in action.

According to figures kept by the casualty office at Fort Riley, about 514 Fort Riley Soldiers have been wounded in combat since 2003.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or (785) 239-3032.

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Fort Riley Sports & Recreation

Friday, January 27, 2006

America's Warfighting Center

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Sports news in brief

Swim camp scheduled

A youth competitive swimming camp will be offered third-through eighth-graders on post from 6:30 to 7:30 p.m. March 6-17.

The camp will provide youth who know how to swim an opportunity to work on and improve the strokes used in competitive swimming. Junction City High School and Manhattan High School sponsor swim teams.

Participants must register with Central Registration in Building 6620. Registration begins Feb. 1. Cost for the camp is \$10. Each camper will get a T-shirt.

For more information, call 239-9223.

Soccer sign up to begin Feb. 6

Registration for Fort Riley Youth Sports' spring soccer season will be from noon to 5 p.m. Feb. 6-24 at Central Registration in Building 6620.

Child and Youth Services charges an annual \$18 fee per child (maximum fee is \$40 per family).

Participants must have a sports physical form on file and dated on or after May 28, 2005.

The program is open to family members of active duty military and Department of the Army civilian employees.

The Colt League will include players in kindergarten and first grade. The Pinto League will have second- and third-grade players. Fourth- and fifth-grade players will be in the Mustang League, and the Bronco League will sign up players in sixth through eighth grade.

Volunteer coaches also are needed.

For more information, call the Youth Sports Office at 239-9223 or Central Registration at 239-4847.

KSU to host Prince day

The Kansas State University football program will host the inaugural "Signing Day with Head Coach Ron Prince" from 5 to 7 p.m. Feb. 1 at the K-State Alumni Center.

The first of its kind event for K-State football fans will include comments from Prince on the Wildcats' 2006 recruiting class and feature short highlight videos of each new member of the football team.

Tickets bought before Jan. 30 cost \$5 for the general public and \$3 for K-State students. Tickets remaining unsold after Jan. 30 will be sold at the Alumni Center door Feb. 1 for \$7.

Fans interested in ordering tickets for "Signing Day with Head Coach Ron Prince" may do so in person at the K-State Athletic Ticket Office in Bramlage Coliseum or by calling (800) 221-CATS. The ticket office is open from 9 a.m. to 6 p.m. Monday through Friday.

Bowling league forms for seniors

Custer Hill Lanes Bowling Center will be starting a Senior Bowling League.

The league would play one night a week and dues would be around \$10 per bowler.

Interested people should call the Bowling Center at 239-4366 for more information.

Shortstop stars for military teams



Tamara Baldwin

By Jan Clark
LACH

Sgt. Tamara "Tammy" Baldwin played her way into the Army's spotlight as 2005 Female Athlete of the Year.

The medical laboratory technician at Irwin Army Community Hospital garnered 290 of a possible 300 cumulative points in the selection process.

Baldwin hails from Savage, Minn.,

and has played All-Army Softball since 2003. She made the Armed Forces All-Star and All-Tourney teams each year she played.

In 2005, Baldwin served as team captain for the All-Army Women's softball team. During competition in the Trentonian Softball Tournament in New Jersey, she made the All-Tournament Team. Her .815 batting average was the highest of 180 players participating in the tournament.

The All-Army team entered the

Virginia State U.S. Slow-Pitch Softball Association Championship where Baldwin was named best player in tournament. She hit six home runs, batted for an average of .772 and had seven runs batted in.

Leading the Army team to the Virginia state title, she was named most valuable player of the tournament, was named to the All-Tournament Team and named defensive player of the tournament.

During the Armed Forces Champi-

onship at Peterson Air Force Base, Colo., Baldwin led players in the tournament with five home runs and 25 RBIs.

She made the Armed Forces All-Tourney Team for the third straight year and was named to the Armed Forces All-Star Team that represented the U.S. Armed Forces in the Amateur Softball Association National Championship, Western Division.

See Baldwin, Page 12

Hoop battles

Team beats early deficit to win game

By Mike Heronemus
Editor

For a long time Jan. 24, it looked like 331st Signal Company would smother 610th Brigade Support Battalion on the basketball court, but BSB came back from a 13-4 deficit midway through the first half to trail by only four points at the break.

The teams met in the first game of company level Eastern League play at King Field House and left the floor slapping the other team's hands in congratulations after BSB posted a 46-35 win against Signal, the first defeat in league play for that team.

From the opening moment when Steve Elgen and Mantello Beverly jumped for the tip off for BSB and Signal, respectively, play raced up and down the court with a physical defense by each team that put players of both teams on the floor a few times.

It took Signal about 90 seconds to light up the scoreboard for the first time. Beverly netted a trey and Murray Montague followed shortly with a field goal and Beverly then added two free throw points to put Signal ahead 7-0 with 16:35 left in the first half.

Elgen turned a stolen ball and dash down the court into BSB's first two points of the game after a team scoring drought



Post/Heronemus

Nelson Walker of 610th BSB drives for the basket as 331st Signal Co. defenders Murray Montague (41) and Willie Dubose (48) try to stop a score Jan. 24 in Eastern League company level basketball league action.

Eastern League Standings

(as of Jan. 24)

Team	W	L
331st Signal	2	1
HHC, 1-34 Armor	4	0
Co A, 1-34 Armor	4	0
Co C, 1-34 Armor	1	2
HHD/A 101st FSB	3	1
Co B, 101st FSB	2	3
HHC, 1st BCT	0	5
4th IBCT	0	5
610th BSB	2	1



Montello Beverly (14) puts up a shot for 331st Signal Co. Jan. 24 against a crowd of 610th BSB defenders. The 331st Signal Co. started the game strong but BSB recovered midway through the first half and won the game 46-35.

Post/Heronemus

Warm weather improves post trout fishing

Moon Lake scheduled for new fish stocks in mid-February, March, April



Alan Hynek

By Alan Hynek
Fish and wildlife administrator

The warmer than normal weather has made for some good trout fishing opportunities on Fort Riley and other nearby state designated trout streams.

Moon Lake will continue to be Fort Riley's trout fishery, and we are working to return Cameron Springs to the trout stocking cycle as well. The next stocking will occur at Moon Lake on

Feb. 15 with subsequent stockings on March 16 and April 13.

A Kansas Fishing or Combination Permit is required for persons ages 16 to 65 to fish in any lake, pond or stream on Fort Riley. A Kansas Department of Wildlife and Parks Trout Stamp is required if you are actively fishing for trout in Moon Lake.

Because the lake has multiple species, any trout unintentionally caught by persons not in possession of a State Trout Stamp must be returned to the water immediately. The State Trout Stamp costs \$12.15 and is valid in any of the 23 trout streams and ponds managed by the state, including nearby Tuttle Creek Deep Stream.

The spring turkey fact sheets

should be out in a couple of weeks. The hunting format will be set up logistically the same as last year. Fort Riley Turkey stickers will be distributed as "primary" and "secondary" on a first come, first served basis.

Turkey hunters with a primary sticker will be able to hunt the entire season. Turkey hunters with a secondary sticker will be able to hunt when the majority of hunting areas

See Wildlife, Page 12



Artillerymen win first league game

By Mike Heronemus
Editor

Headquarters Artillerymen got their first win in Southern League action Jan. 19 against a sister team from Battery D, 1st Battalion, 5th Field Artillery.

The HHB team defeated Btry. D 45-35 to bring their record to 1-2 in the season that began play Dec. 8.

Btry. D slipped to 1-2 for the season in company level basketball play that has 28 post teams divided into three leagues: Eastern, Southern and Northern.

In the two other games played Jan. 19, Task Force Dependable defeated Company A, 1st Battalion, 16th Infantry, 45-28, to remain undefeated in the league.

Headquarters and Headquarters Company, 1st Bn., 16th Inf., defeated Company B, 1st Bn., 16th Inf., 41-39.

Both Artillery teams fought to get players into the paint and under the basket early in the first game of the evening.

Apparent nervousness, poor ball handling and tough defense created several turnovers and kept the scoreboard blank until Jerry Torres hit a field goal for Btry. D with almost two minutes gone in the first half.

Aaron Lange immediately answered for the HHB team with the first of three treys he netted in the first half. He added another 3-pointer in the second half.

Reed Tilfos came back with a trey of his own about a minute later to put Btry. D back on top.

Shallow scoring continued through the first 10 minutes of the

game as turnovers dominated play.

Torres and HHB's Leroy Coe battled each other for rebounds under both boards, but neither seemed to control the boards better than the other.

Lange, however, got hot and dumped in 11 points in the first half, complimented by 8 from Coe to move HHB ahead of Btry. D 27-16 when the half ended.

HHB never relinquished its lead from midway through the first half until the final buzzer.

Torres muscled his way through crowds of defenders throughout the second half, driving for the basket for layups that sometimes went in and sometimes didn't. Enough of his shots went in to give him top scoring honors for the Btry. D team - 6 points in the first half and 12 more in the second half.

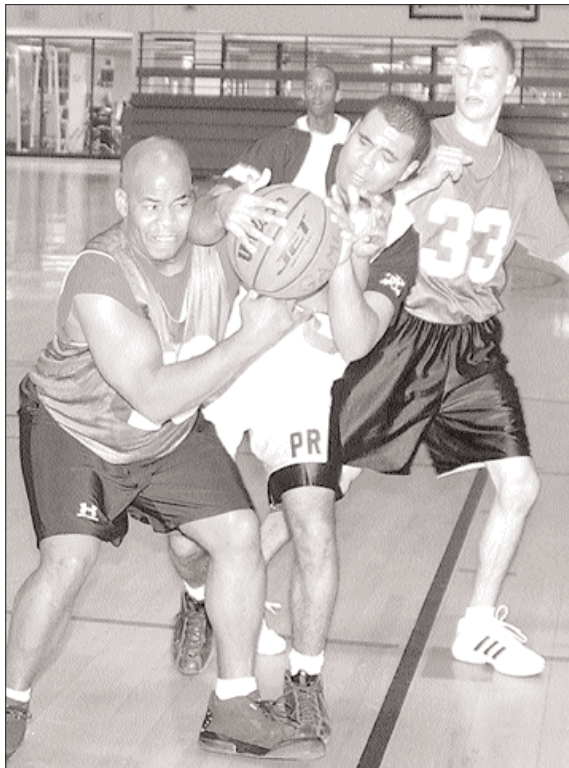
Tilfos surprised spectators with his ball-handling and shooting skill. Looking more like a stocky football lineman than a basketball player, his quickness and agility often had HHB players shifting out of position to allow Tilfos a clean look at the basket or for a clear pass to a teammate.

Tilfos scored 11 points for Btry. D, including two treys, one in each half. Ngoye Dayo and Tony Thurman added 2 points each in the first half.

HHB played a seemingly calculated offense that kept it lighting up the scoreboard regularly. While two players dominated Btry. D scoring, HHB had a more balanced attack with Lange and Coe tying for top team scoring honors with 14 each, Danny Goehl adding 5 in the second half, Lucius Sykes hitting two in each half and James Lewis adding two in the first.

Southern League teams next play at King Field House on Feb. 1. Service Battery, 1st Bn., 5th FA, plays Battery B, 1st Bn., 5th FA, at 6 p.m.; Btry. D, 1st Bn., 5th FA, plays Task Force Dependable at 7 p.m.; and Troop D, 4th Cavalry, plays Company A, 1st Bn., 16th Inf., at 8 p.m.

Mike Heronemus can be reached at mike.heronemus@riley.army.mil or 239-8854.



James Lewis (left) of HHB, 1st Bn., 5th FA, and Melvin Roman of Btry D, 1st Bn., 5th FA, battle for the ball Jan. 19 in Southern League company level basketball league action. Coming up behind the play is Lewis' teammate, Danny Goehl.

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Games on tap:

Eastern League Jan. 30

Company A, 1st Battalion, 34th Armor, plays 331st Signal Company at 6 p.m.; Company C, 1st Bn., 34th Armor, plays 610th Brigade Support Battalion at 7 p.m.; and Headquarters and Headquarters Company, 1st Brigade, plays Headquarters and Headquarters Detachment and Company A, 101st Forward Support Battalion, at 8 p.m.

Feb. 2

4th Infantry Brigade Combat Team plays Company C, 1st Bn., 34th Armor, at 6 p.m.; 610th BSB plays Company A, 1st Bn., 34th Armor, at 7 p.m.; and 331st Signal Co. plays Headquarters and Headquarters Company, 1st Bn., 34th Armor, at 8 p.m.

Northern League Jan. 31

1st Maintenance Company plays 997th Military Police Company at 6 p.m.; 172nd Chemical Company plays 116th Military Police Company at 7 p.m.; and Headquarters and Headquarters Company, 24th Infantry Division (Mech), plays MED-DAC/DENTAC at 8 p.m.

League Standings (as of Jan. 23)

Team	W	L
HHB, 24th ID	2	1
Meddac/Dentac	1	2
116th MP Co	1	1
997th MP Co	1	1
10th ASOS	0	4
Co A, 1-190 MPs	3	1
3-75th Inf	0	2
Co A, 1st Eng Bn	1	1
1st Mntc Co	3	1
172nd Chem Co	1	1

Southern League Feb. 1

Service Battery, 1st Battalion, 5th Field Artillery, plays Battery B, 1st Bn., 5th FA, at 6 p.m.; Battery D, 1st Bn., 5th FA, plays Task Force Dependable at 7 p.m.; and Troop D, 4th Cavalry, plays Company A, 1st Battalion, 16th Infantry, at 8 p.m.

Southern League Standings

(as of Jan. 19)

Team	W	L
HHB, 1-16 Inf	3	0
Co A, 1-16 Inf	1	2
Co B, 1-16 Inf	3	1
HHB, 1-5 FA	0	2
Btry B, 1-5 FA	1	2
Btry D, 1-5 FA	1	2
Svc Btry, 1-5 FA	2	2
D Tnp, 4th Cav	0	3
HHB TFD	3	0

BSB wins

continued from page 9

that lasted 5 1/2 minutes.

BSB began to eat away at Signal's lead for the rest of the first half, using a pressing defense that kept turning the ball over and a solid offense that often found their players open for close shots and layups.

Corey Love led the BSB offensive attack in the first half with 5 points. Teammate Willie Swayze added 3 points.

Signal's Willie Dubose led his team's first-half scoring with 7 points.

BSB opened second half scoring and moved to within one point of the leaders with 13:30 left in the game. They went ahead 23-22 on a hard driving layup through a crowd of Signal defenders, then extended their lead to 28-23 in the next four minutes of play.

Signal's play intensified but their shots just wouldn't go through the nets. With BSB's defense tightening under the basket, Signal had trouble getting any offensive rebounds and turned over the ball repeatedly.

The final three minutes of play stretched out as Signal opted to foul BSB in hopes of getting the ball and scoring, but BSB used those free shots to add points to their side of the scoreboard.

Technical fouls called on team coaches gave Signal a chance for bonus points near the end of the first half and BSB near the end of the game.

Swayze led BSB scoring with 12 points for the game. Love and Jeffery Willis added 5 points each. Beverly led Signal scoring with 8 points for the game.

In other Eastern League games played Jan. 24, Headquarters Detachment and Company A of 101st Forward Support Battalion defeated 4th Infantry Brigade Combat Team 39-38 and Company B, 101st FSB, defeated Headquarters and Headquarters Company, 1st Brigade, 32-18.

Mike Heronemus can be reached at mike.heronemus@riley.army.mil or 239-8854.

2 x 4"
Independence Jewelry



LITTLE APPLE TOYOTA/HONDA
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Photo courtesy Tamara Baldwin

Sgt. Tamara Baldwin swings through for one at-bat during the All Armed Forces Tournament in August 2005.

Baldwin

continued from page 9

At the ASA Western Division Championship, Baldwin batted an average of .765 and was selected as a First-Team All-American.

The Armed Forces team went on to play in the Hooter's ASA National Championship Finals in Oklahoma City. Baldwin's strong performance there helped the Armed Forces team win the national championship and resulted in her being named tournament MVP.

Baldwin was further recognized for her graciousness and respect for others on the playing field. She maintains a positive attitude and willingness to assist others to improve their game. As a result of her leadership and achievements, the Women's All-

Army Softball Coach initiated the Annual Tammy Baldwin Sportsmanship Award in her honor. It will be awarded to outstanding and dedicated players who display the attributes Baldwin has exemplified.

Off the softball field, Baldwin performs with the same kind of professionalism. She earned the rank of sergeant in three years. She completed the Army's Primary Leadership Development Course as a distinguished honor graduate.

Upon graduation, Baldwin made the commandant's list, won the "Iron Soldier Award" for highest physical fitness score (330) and received the Army "Best Dress Uniform (Class A)" award.

Baldwin volunteers her time as a youth coach on and off Fort Riley. She also volunteers with the Big Sister Program, spending five to 10 hours each week as a positive role model for her "little sister."

Baldwin will be recognized for her athletic achievement at the 2006 Winter Association of the U.S. Army Symposium on Feb. 16 in Fort Lauderdale, Fla.

Obviously excited about the recognition and upcoming event, Baldwin exclaimed, "It's really unexpected. And I was really surprised with all the support I have been getting from the All-Army program. It's awesome to be able to represent such a great institution as the U.S. Army."

Wildside

continued from page 9

are open and after most of the primary hunters have filled their tags. This is done strictly to limit the number of hunters in the field in the early part of the season.

Distribution of stickers will begin around mid-March. The specific date will be finalized and posted in the next couple of weeks.

Jan. 28-29 marks the last weekend for hunting several foul species, including pheasant, quail, turkey and prairie chicken. Also, the late January duck season is keeping many waterfowl hunters afield this January because the late segment of the duck season runs through Jan. 29 in the High Plains Zone (west of U.S. Highway 283) and the Late Zone (most of eastern and central Kansas).

Canada goose season runs through Feb. 12. The regular light goose season also runs through

Feb. 12, but a federal conservation order extends light goose hunting through April 30. White-fronted goose season is closed.

The 2006 KDWP fishing booklets are out. Copies are available at the Conservation Office, Building 1020, and the Outdoor Recreation Center, Building 9011.

The KDWP is reporting that preliminary lab testing has identified what may be the first occurrence of chronic wasting disease in a wild Kansas deer. Tissue samples from a whitetail doe taken by a hunter in northwest Kansas (deer management Unit 1) during the December firearms season tested positive for CWD in initial lab testing at Kansas State University.

The Conservation Office continues to test a portion of the deer harvested on Fort Riley for CWD, but all tests have come back neg-

ative. Additional information on CWD can be found at <http://www.cwd-info.org>.

Driving off-road is strictly forbidden on Fort Riley. In addition, four wheel all-terrain vehicles and off-road dirt bikes are not authorized for use on the installation. Several areas of significant damage have been reported on the installation, including a large area by Moon Lake.

All vehicles used by recreationists are restricted to improved roads and established dirt trails. An established dirt trail is any vehicle pathway officially marked on an official map or one on which vegetation is absent or markedly reduced across the entire width of the trail as a result of repeated passage of vehicles.

For more information, contact the Conservation Office at 239-6211.

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Sports news briefly

Manhattan sets soccer clinic

Manhattan Parks and Recreation Department is accepting registrations for its Spring Break Soccer Clinic. The clinic is a four-day basic skills camp for children ages 4 to 8. Registration fee is \$30 per player. Registration deadline is 5 p.m. March 14.

To register, visit the Parks and Recreation Department at 1101 Fremont St. in Manhattan.

For more information, call Adam Dolezal at (785) 587-2757.

Staff plans dodgeball event

Fort Riley's sports staff is seeking interested players to form dodgeball teams to compete in a post "Extravaganza" at beginning at 9 a.m. Feb. 11 at King Field House.

The "Extravaganza" will be open to all active duty and local civilian teams. Teams will be comprised of six players at least 18 years old.

Teams must pay an entry fee of \$60. Entry fees can be paid at the Sports Office, Building 202, beginning Jan. 23. Teams must register by noon Feb. 8. Business hours are 8 a.m. to 4 p.m. Monday through Friday.

Rules will be available upon registration and balls will be available for practice at King Field House.

For more information, call 239-3945 or 239-2172.

Eagle watching scheduled

The Fort Riley Outdoor Recreation Center staff will host eagle watching tours.

Feb. 11, 15 and 18. Cost for the tours is \$6 per person, including refreshments and transportation.

The bald eagle is an endangered species that can be seen in and around Fort Riley.

People taking the tours should dress for being outside in whatever weather conditions prevail the day of the tour.

Visitors should consider bringing cameras and field glasses to view the birds and preserve memories of the trip.

All tours will begin at the Outdoor Recreation Center, Building 9011 on Rifle Range Road.

For more information or to sign up for the tour, call 239-2363.

Gym, pool activities listed

King Field House and Eyster Pool staffs have scheduled several activities and classes scheduled for the coming week, including:

Jan. 23 - 5:45 to 6:30 p.m., Eyster Pool, abs, buns and thighs; 5:45 to 6:45 p.m., King Field House, cardio pump aerobics; noon to 1 p.m., King Field House, fitness yoga

Jan. 24 - 6:30 to 7:30 a.m., King Field House, PT power-time; 9:30 to 10:30 a.m., Eyster Pool, water aerobics; 9 to 10:30 a.m., King Field House, Cardio Training Express

Jan. 25 - 4:30 to 5:30 p.m., King Field House, turbo kick; 5:45 to 6:45 p.m., King Field House, cardio pump aerobics

Jan. 26 - Noon to 1 p.m., King Field House, fitness yoga
For more information, call 239-2813.

SALINA POWERSPORT
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'Second Chance' helps Soldiers

By Gary Sheftick

Army News Service

WASHINGTON — Among more than 900 Soldiers watching the Washington Capitals beat the St. Louis Blues, 5-4, an overtime shootout the night of Jan. 19 was a wounded warrior who aspires to one day play competitive hockey again.

Spec. Tim Taylor played hockey 14 years in high school and city leagues. Most of his left hand was blown off in Iraq. Now he says Walter Reed Army Medical Center will provide him with an adaptive hand so he can compete again.

Taylor said he was his team's leading scorer in Savannah, Ga., before he deployed with the 3rd Infantry Division's 1st Battalion, 76th Field Artillery. While he was guarding a convoy near Baghdad Oct. 27, his vehicle encountered an improvised explosive device.

The first time Taylor left Walter Reed on a four-hour pass was to attend a Capitals' hockey game in December.

Hockey hero helps motivate

Taylor was taken to the game by Cindy McGrew of "Operation Second Chance." She bought him a jersey emblazoned with Number 8 and the name of his hero, the Capitals' rookie star Alexander

Ovechkin.

Taylor hung the jersey above his bed at Walter Reed, and he proudly wore it to the Capitals' Military Salute Night Jan. 19. He cheered for the Capitals in spite of being a St. Louis native and having played hockey there at McClure High School.

Taylor said he looks forward to attending more Capitals games with McGrew and Operation Second Chance.

Patients attend every game

McGrew brings at least three servicemembers from Walter Reed to every Capitals' home game. She brought a dozen to the Jan. 19 game for which the Capitals gave several thousand free tickets to servicemembers. For other games, businesses donate tickets to her group.

McGrew's group consists of five women who donate their time to helping Walter Reed patients. They're not affiliated with the military and just want to help the patients gain a "second chance," McGrew said.

McGrew leaves her day job at Legg Mason every day at 4 p.m. and heads straight to Walter Reed.

"That's the greatest part of my day," she said.

"We're just trying to help one hero at a time," McGrew said about Operation Second Chance. "Our goal is to help them move



ANS/Reece

Maj. Alan Rogers (right), Maj. Jeff Becker, 6-year-old Cole Becker and mother, Jenelle, applaud the Washington Capitals Jan. 19. Rogers said the best thing about the game was that the Capitals invited so many Walter Reed patients.

on."

The volunteers help by giving patients portable DVD players and movies to watch in the hospital. They help by providing airline tickets so patients' families can visit or so patients can travel home.

They help by providing financial grants. The previous week the group gave patients three grants totaling \$7,500.

They help by taking patients to see professional sports and other events. Jan. 24 they planned to take a bus full of Walter Reed patients to the Medieval Times dinner theater near Fort Meade, Md.

"We just like to get them out as much as possible," McGrew said.

Camaraderie brings cheer

Thursday night's outing was the first hockey game for a number of the Walter Reed patients, including Staff Sgt. Robert Huegel.

"It was great!" Huegel exclaimed after the Capitals' Matt Pettinger scored the deciding goal in the shootout to win the game. Huegel said he doesn't yet fully understand all the rules of the game, but he enjoyed the action and the camaraderie with his fellow servicemembers.

Huegel said he and the other patients like to joke with each other and make light of their injuries. For instance, he said a Marine corporal who lost two limbs in Iraq, joked at the game that "they charge an arm and a leg for food around here."

"We bust on each other," Huegel said. "It's all in fun," he said, adding that it helps them cheer one another up.

No hockey played in Mississippi

Thursday night was also the first hockey game for Spec. Gregg Fernandez of the 155th Infantry Brigade, Mississippi National Guard. He said they don't play

much hockey in Mississippi.

Fernandez was shot in the neck Aug. 23 during a firefight south of Baghdad. A bullet fragment also went into his eye. But he said that he'd go back to Iraq without a moment's indecision, if he could.

Staff Sgt. Carlos Farler agreed. He was injured in Karbala while on patrol with the 940th Military Police Company, Kentucky National Guard.

"The people were so appreciative," Farler said about the Iraqis. He said while he was on foot patrols many Iraqis would walk up and shake his hand, thanking him for keeping the streets safe.

Appreciation continues to flow

Now it's people like the five in Operation Second Chance who are showing their appreciation.

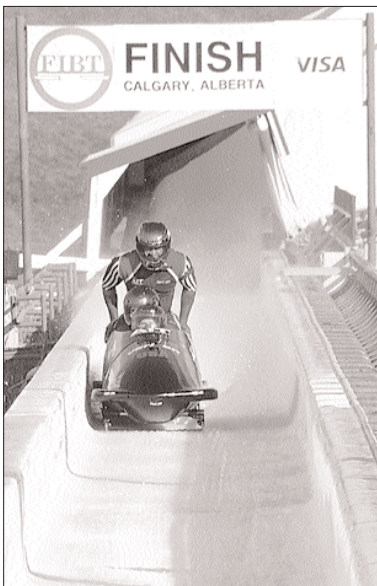
"Cindy's good about having stuff for us to do," Fernandez said about McGrew and her four helpers. "Anything they can do to help us, they do."

Operation Second Chance marks its one-year anniversary as a nonprofit entity this month, McGrew said. She started the organization after a friend of hers went to Iraq to work as a DynCorp employee attached to the Stryker Brigade Combat Team in northern Iraq.

She began reading about the brigade and about Soldiers who were injured and ended up at Walter Reed. She went to visit some of the Soldiers at Walter Reed in October 2004. From then on, she has spent most of her spare time trying to help patients get a "second chance."

Want to know more?

For more information about Operation Second Chance, Inc., send mail to 22708 Birchcrest Lane, Clarksburg, MD 20871 or visit www.operationsecondchance.org on the Web.



ANS/Gillund

Spec. Steve Holcomb crosses the finish line at Canada Olympic Park in Calgary, Canada, during the U.S. National Bobsled Team Trials last October. Holcomb has been named to the U.S. bobsled team for the XX Winter Olympics in Torino, Italy, Feb. 10 through 26.

Bobsled

continued from page 9

from Chantilly, Va., and Jason Ross were chosen as alternates to the team.

They will travel to the Games and serve as a replacement should one or more of the other athletes be unable to compete.

In addition to the athletes, two WCAP Soldiers will represent the Army at the Winter Olympics as coaches: Sgt. Tuffield "Tuffy" Latour is the head coach for the U.S. Olympic Men's Bobsled Team and Spec. William "Bill" Tavares is the head coach for the

U.S. Olympic Women's Bobsled Team.
The Games will be televised on the NBC Television network. Schedules can be found on that company's Web site, <http://NBCOlympics.com>.
For more information about the World Class Athlete Program, visit www.armywcap.com.

Jack Gillund writes for the U.S. Army Community and Family Support Command Public Affairs Office.

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Army bowlers 2nd in military tourney

By Tim Hipps

Army News Service

RENO, Nev. — The All-Army men's and women's bowling teams finished runner-up to Air Force in the 2006 Armed Forces Bowling Championships Jan. 9-11 at the National Bowling Stadium in Reno.

For the third consecutive year, the Armed Forces Championships were contested in conjunction with the amateur Team USA Championships.

For the first time, a Soldier made the men's 32-player cut and advanced to the final two days of match-play competition to vie for a spot on Team USA. Two All-Army bowlers also made the cut, and one earned a spot on the national team.

Army Staff Sgt. Dwayne Watkins finished second in the Armed Forces men's tournament with a 24-game total of 4,902 pins. A helicopter crew chief stationed at Fort Rucker, Ala., Watkins was 24th among 148 bowlers in the first three days of the Team USA Championships. After bowling 16 more games, he finished 28th overall.

"I'd rather lose by 100," Watkins said. "It's a team effort, and that's two spares anywhere with six guys bowling three days," he said.

Each Armed Forces competitor bowled eight games on three consecutive days. The Soldiers gained 205 pins on Air Force during the final day but did not overcome falling nearly 500 pins



Lt. Col. Celestia Abner of Fort Bliss, Texas, leads the All-Army women's team to a runner-up finish behind the All-Army Force squad in the 2006 Armed Forces Bowling Championships at the National Bowling Stadium in Reno, Nev. Abner, a 10-time Armed Forces competitor, finished seventh among military women with a 24-game pinfall of 4,322.

ANS/Hipps

behind in their first eight games.

"We made a pretty good jump in the last two days," Watkins said. "The team effort was great. We had a lot of young kids coming in. This is their first time of trying out and two of them made it [to the All-Army team]. They're good players — just a little more teaching and fine-tuning in their game and they'll be back."

Lt. Col. Celestia Abner of Fort Bliss, Texas, led the All-Army women's team with a 24-game score of 4,322, which earned seventh place in Armed Forces women's singles. A 10-time Armed Forces competitor, Abner missed the tournament last year

while serving as chief nurse at the 67th Combat Support Hospital in Mosul, Iraq.

"Considering not bowling for a whole year, I could've done a little better in some games with some spares, but overall I was consistent," she said. "As a team, we really pushed through, but we had some struggles."

The American Bowling Congress, Women's International Bowling Congress, Young American Bowling Alliance and USA Bowling merged to form the United States Bowling Congress on Jan. 1, 2005. The USBC is the national governing body for amateur bowling.

For Your Health

Injury prevention major key for health of post runners

By Richard Baxter

IACH

With the unseasonably beautiful weather and the Army Physical Fitness Test looming, runners are appearing in increasing numbers. With the increase in runners comes the increase in running injuries, most commonly caused by training errors.

Training errors come in many forms. The list includes undergoing a significantly new or changing exercise program; rapidly increasing training program frequency, distance, duration or intensity; insufficient rest periods between bouts of running — over-training; and inappropriate footwear.

Rapidly increasing a physical training program and taking insufficient rest periods between exercise bouts, or over-training, overwhelm the body tissues' ability to repair. The result is inflammation and pain.

In order to avoid complications from such training errors, gradually increase frequency, distance, duration and intensity of your running program. If you have not run for a period of time, do not immediately return to running at the same pace and distance that you were running before your hiatus from the jogging trail.

Your body also needs a recovery period between bouts of high-impact exercise, such as running. If you must exercise every day, alternate between a high and low impact activity, such as biking, swimming, ski machine or stair-stepper machine. Running every day all too often results in overuse injuries.

Inappropriate footwear takes on many forms. This ranges from wearing court shoes for jogging to wearing jogging shoes that are kept beyond their usefulness.

Only jogging shoes should be used for jogging. They are designed to support and cushion the foot throughout the thousands of impacts the foot makes during a bout of jogging.

Although the materials used in many jogging shoes today are almost indestructible, this does not hold true for the midsole of the shoe (the main component to

absorb shock). Even though the shoe may hold together and look relatively decent for a year or much longer, the midsole loses its shock-absorbing capacity as the miles accumulate.

Generally, if you run two to three miles three days per week, it is wise to change shoes every six to nine months. Many individuals just make it a habit to get a new pair of shoes after each semi-annual Army Physical Fitness Test.

Following are answers to some frequently asked questions about running:

The most common running injuries include stress fractures, Achilles tendonitis, patellar tendonitis, patellofemoral pain syndrome (pain around and under the kneecap) and iliotibial band syndrome (pain along the outside of the knee).

Running three to four days a week is sufficient to maintain cardiovascular fitness. Exercise on days between running should be low impact (swim, bike, ski machine, stair machine, etc.).

How far and how long a person should run is up to the individual runner, but research shows that as the distance and duration increases, injury rates increase.

Choosing a jogging shoe depends upon your foot type. An individual with a flat foot or excessive pronation needs a motion-control shoe. An individual with a neutral or normal arch needs a stability or cushioned shoe. An individual with a high arch or excessive supination needs a cushioned shoe.

A good source for more information is <http://www.runner-sworld.com> under the "Shoes & Gear" tab and then selecting the "Shoe Finder" section.

Also, the Post Exchange shoe department at Fort Riley has information on running shoes for different foot types, and the shoes are marked by type with a tag ("M" for Motion Control, "C" for Cushioned, "S" for Stability).

If you develop a running injury, do not try to run or work through the pain. Your body is trying to tell you something. Take 10 days to two weeks off from running, use ice and definitely evaluate your shoes and see if it is time to get a new pair. Sometimes just changing

your shoes makes all the difference.

To help prevent running injuries, always warm up and stretch before running. To warm up, walk at a brisk pace or a very slow jog for five minutes. Stretch the major muscle groups — calf, hamstring, quadriceps and hip flexors. The duration of the stretch should be 30 seconds. Latest research has shown that a stretch should be held 30 seconds and repeated several times in order to increase flexibility.

Stretches held 15 seconds do not improve flexibility.

Post regulations require runners to wear reflective material during hours of darkness or reduced visibility. Runners should use sidewalks when they are available, and they should not wear headphones or earphones when crossing streets or when running in the street.

For more information on common injuries and methods to treat them, visit the Irwin Army Community Hospital Physical Therapy Clinic Web page on the hospital's Internet home page. This is a patient education and information page with links to education and self-care techniques for 34 common joint, muscle, tendon and ligament conditions or injuries.

For each condition or injury, the information covered includes description of the condition, signs and symptoms of the condition, causes, prevention, prognosis, treatment recommendations and pictures of basic exercises to help treat and recover from the condition or injury.

Additional pages include information on exercise and weight loss, diabetes and exercise and pregnancy and exercise.

Additional links provide access to the Army Physical Fitness School, several virtual hospital Web sites, a low back pain education and prevention interactive tutorial, running shoe selection and other helpful tools and references.

To access the Web site, go to <http://iach.amedd.army.mil/departments/phyTherapy.asp> or visit the Irwin Army Community Hospital Internet home page at <http://iach.amedd.army.mil> and click on the Physical Therapy link on the left side of the page under "For Patients" column.

classified runner
3 x 21.25"
Black Only





Fort Riley Community Life

Friday, January 27, 2006

America's Warfighting Center

Page 17

Community news briefly

Spouses plan movie night

The Fort Riley Officers' and Civilians' Spouses' Club will host a club movie night beginning at 6 p.m. Feb. 16 at the Rally Point in Camp Forsyth area.

The movie will be "Grease," so members are encouraged to dress up in their favorite "Grease" characters. Dinner will be hamburgers and French fries.

RSVP to Holly Smith by Feb. 8 at 784-8454 or online at reservations@fortrileyoscc.com.

For child care reservations, call Debra Parker at 784-2793 by Feb. 12.

Teams forming to raise funds

American Cancer Society Relay for Life Teams are being formed and the first team captains meeting will be on at 6:30 p.m. Feb. 2 at Fire Station No. 2, 2245 Lacy Dr., in Junction City.

Funds raised by the annual relay event in Geary County helps defray financial support offered local citizens, including those at Fort Riley, who may need information about cancer, monetary reimbursement for travel to doctor appointments and for treatment.

The annual Geary County Relay for Life will be held at the Junction City High School football field June 9-10.

Fort Riley units and organizations are being encouraged to join this year's event, as they have in past years.

For more information, call 238-1951, 223-1333 or 239-7754.

Parenting class date moved up

The beginning date for the next "Becoming a Love and Logic Parent" class has been moved from April 3 to Feb. 20.

The classes will meet Feb. 20 and 27, March 6, 13 and 27 and April 3.

Classes meet from 6:30 to 8:30 p.m. at the First Presbyterian Church, 113 W. Fifth St., in Junction City.

Classes are free and free child care and transportation can be provided.

For more information, call the Community Connections office at 717-4021 or send e-mail to JimWilliams@usd475.org.

Spring Fling art workshop set

Child and Youth Services' instruction program in Building 6620 will offer an art workshop from 11:30 a.m. to 1 p.m. March 20-24.

Children ages 6 and older are welcome.

Registration begins Feb. 15 in Building 6620. Cost for the week-long workshop and art supplies is \$35. Participants must bring a sack lunch.

For more information, call 239-4847.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Picerne requires resident 'lease'



By Cassidy Hill

Communications manager
Picerne Military Housing

As Picerne Military Housing begins the transition to manage, maintain, renovate and build all of Fort Riley's on-post family housing, Soldiers will need to sign a housing agreement called a Resident Occupancy Agreement. This document is similar to a housing

lease in the private sector and will permit the Soldier to use his or her Basic Allowance for Housing to pay Picerne for living in on-post housing quarters.

Under privatization, military members will allot their BAH to a trustee who will, in turn, release the funds to Picerne. The BAH will be used for maintenance, repairs, renovations and new construction of family housing.

Soldiers will see the BAH and an allotment for the same amount on their Leave and Earnings Statement, however, take-home pay will remain the same. Dual military members living in Fort Riley's on-post family housing will have an allotment for only the highest pay grade member's BAH at the with-dependent rate. The other member will retain his/her BAH.

Current regulations require both military members to relinquish their BAH when living in post housing, a customer service clerk at 15th Finance Battalion at Fort Riley said. So, for dual military families, living in housing managed by Picerne will mean extra take home pay.

Each Soldier living in on-post family housing will be required to

See Picerne, Page 21

Just for fun



Ashlee Sunderman jumps to her mom, Kresta, during the Jan. 7 Mommy and Me playtime at Eyster Pool. The next date for Mommy and Me is Feb. 4, and daddies are welcome to join mommy and the kids.

Getting wet can be lots of fun

By Amanda Kim Stairrett
Staff writer

Anyone who has been in Kansas a few days knows the weather is unpredictable. When average highs in Kansas during January, February and March can range from the high 30s to high 50s, outdoor activities for children can be limited at sunny Fort Riley.

Mommy and Me time at Eyster Pool is a way for families to get in some pool time together during the winter.

"It is a time for the parents and children

to come together without other people around and all the hustle and bustle," said Katy Agee, recreation assistant at Eyster Pool.

Juice, cookies and toys are provided during the hour-long non-instructional period. The age range for children is 6 months to 5 years.

Parents at the Jan. 7 session said Mommy and Me provided a nice alternative to the usual winter activities when playtime was limited for children.

See Mommy and Me, Page 18

Mommy and Me

When: 10:30 to 11:30 a.m. every other Saturday

Next date: Feb. 4

Cost: \$2 per family

Ages for children: 6 months to 5 years

Place: Eyster Pool, Building 6940, between the PX and Child Development Center

AAFES catalog offers 'spree'

AAFES

DALLAS — The new 2006 Spring/Summer Exchange Catalog is available with more than 500 pages of easy-to-shop categories and spectacular values.

The new catalog also showcases products that offer fresh solutions, unique designs and innovative functions.

"The 2006 Spring/Summer Exchange Catalog has everything military servicemembers and their families need to start the New Year off right," said Angela Borck, AAFES vice president for direct marketing.

Authorized exchange customers can also register for the

See Catalog, Page 19

DeCA awards contract to IBM

Commissaries expect better tech support

By Kevin L. Robinson
Army News Service

FORT LEE, Va. — The new year began with a bang for military commissaries with the announcement by the Defense Information Systems Agency that the point-of-sale technology contract for the Defense Commissary Agency was awarded to IBM.

The \$270-million contract awarded by DISA Dec. 31 is for five years with five option years.

IBM will provide information technology support for DeCA's

See Contract, Page 19

Marriage and Military Life

Civilian support for military takes variety of forms

By Gene-Thomas Gomulka
Retired Navy chaplain

Radio Station KNPR in Las Vegas, Nev., featured a program on Jan. 12 entitled "Beyond the Bumper Sticker." Dave Berns, the host of the program, asked, "We hear a lot of rhetoric and see a lot of bumper stickers about 'supporting the

troops,' but what kind of practical support do military personnel and their families actually experience from society and government?"

When the program was finished being aired, I couldn't help but think back to the fall of 1991 when I was undergoing radiation and chemotherapy for cancer after being medevaced from the

Gulf War, where I served on board USS WISCONSIN (BB 64).

Joe Paterno, head coach of the Penn State football team, and his wife, Sue, invited me to be their guest in a comfortable stadium box at a Penn State home game. This gesture of generosity and concern was very similar to what

See Support, Page 18

About the author

Gene-Thomas Gomulka is a retired Navy chaplain

Have a question? Write Gene-Thomas at letters@plaintec.net





Community news briefly

KSU instructor plans meeting

Terrie R. McCants, a Kansas State University instructor, will conduct an information meeting on the KSU Graduate Certificate Program in Conflict Resolution at 2 p.m. Feb. 9 in the Fort Riley Education Center Conference Room, Building 217 on Custer Avenue on Main Post.

The Certificate in Mediation offers students the fundamentals of mediation theory and practice. It is intended to meet the needs of those individuals who are seeking introductory graduate training in conflict resolution and advanced study of applications of family and workplace mediation.

The Certificate in Mediation consists of four courses that include mediation theory and practice skills.

For more information, call 239-6481.

Free education offered on post

New arrivals to Fort Riley who are interested in furthering their education could do so free of charge.

Military spouses and family members can take no cost college classes on post. Books are provided at no cost, as well. Many general education classes that will transfer to other college programs are offered at Fort Riley.

For more information, stop by Building 217 on Main Post or Building 7604 on Custer Hill to meet with an Army education counselor. They can help with plans for a degree or a program of study and start the enrollment process. Enrollment has started for the next session, which runs Feb. 21 through April 4 April.

For more information, call 239-6481.

Youth offered bowling week

Child and Youth Services is planning a "Learn to Bowl Spring Break Workshop" from 9 a.m. to noon March 20-24 at Custer Hill Lanes.

Children ages 6-12 can participate. Registration opens Feb. 1 and the workshop fee is \$65.

For more information, call 239-4847.

Nurse line hours change

Effective Feb. 1, Irwin Army Community Hospital's Nurse Advice Line hours will be 7:30 a.m. to 7:30 p.m. Mondays through Fridays and 9 a.m. to 5 p.m. weekends and federal holidays.

For advice or health information, call 239-DOCS (3627) or (888) 239-DOCS (3627), and select Option 2.

The advice line is staffed by registered nurses who assess symptoms and, using triage guidelines approved by the hospital's medical staff, determine if and when the caller needs to see a provider.

If the advice nurse determines a caller needs to be seen, she or he will schedule an appointment.

The advice nurses also provide health information regarding diseases, medical procedures, medication usage and side effects and give care advice for managing an illness or problem at home.

Dance classes scheduled

Daytime Dance Dynamo classes are planned for 5- to 7-year-olds from 4 to 4:45 p.m. Mondays and for 3- to 4-year-olds on Wednesdays from 1:30 to 2 p.m., 2 to 2:30 p.m., 2:30 to 3 p.m. and 3 to 3:30 p.m. in Child and Youth Services, Building 6620.

Classes begin Feb. 1. Registration is under way.

For more information, call 239-4847.

Support

continued from page 17

occurred more recently at the Army-Navy game in Philadelphia.

Bennett Levin, a wealthy Philadelphia, is the owner of two locomotives and three luxury rail cars. One car carried John F. Kennedy to the Army-Navy game in 1961 and '62. It later carried Bobby Kennedy's body to Washington, D.C., for burial.

Like Joe and Sue Paterno, Bennett Levin and his wife, Vivian, want to show their support for military personnel wounded in Iraq and Afghanistan.

After getting a "thumbs-up" from military medical commanders at Walter Reed and Bethesda to transport wounded personnel to the Army-Navy game, Levin contacted the owners of 15 other luxury rail cars to loan their vehicles for the trip.

Amtrak volunteered to transport the cars; Conrail offered to service "The Liberty Limited" in the stations; and SEPTA provided buses and drivers to transport the troops from the train to the stadium.

An anonymous benefactor from the Army War College bought 100 seats on the 50-yard line and lunch in a hospitality suite.

Corporate donors included Wal-Mart, Woolrich, Nikon and others that provided items such as digital cameras, stadium blankets and field glasses for the wounded troops.

Some GIs were missing limbs while others were wheelchair-bound or accompanied by medical personnel. One of many memorable moments for the Levins was when 11 Marines hugged them goodbye and sang the Marine Corps hymn on the platform of Union Station.

Even though the Levins were not looking to be recognized for their generosity in caring for the troops, they were appreciative to have received a thank you note from a wounded serviceman who wrote, "The fond memories generated last Saturday will sustain us all - whatever the future may bring."

Not long after the early December Army-Navy game, Merrill Worcester,

owner of the Worcester Wreath Company of Harrington, Maine, was seeing to the assembly of 5,000 wreaths for placement during the holiday season at graves in Arlington National Cemetery.

Worcester has provided wreaths and paid for their transportation since 1992.

Maine school kids also have combined an educational trip to Washington, D.C., over the years to help place the wreaths on the graves.

In response to the Radio Station host's question about what is being done to "support the troops," there is a lot of generosity that often goes unnoticed.

While one servicemember may go to a Dunkin' Donuts shop and is pleased to receive a 15 percent discount, another person may discover that a ski resort is offering discounts to military personnel and their family members.

Whether it be in the form of a discount or simply a comment, "Thank you for your service to our country," it is nice to know that one's sacrifices are not taken for granted but deeply appreciated by a number of fellow Americans.

Museum supervisor invites children to create Valentines

By Beth Hesterman
Kansas State University

MANHATTAN — Spread a little love this Valentine's Day with a custom-made greeting card.

The Student Friends of the Marianna Kistler Beach Museum of Art at Kansas State University will have a Valentine's Day Workshop from 1:30 to 3:30 p.m. Feb. 5.

"The valentine workshop is always a big hit," said Kathrine Schlageck, Beach Museum education and public services supervisor.

"Kids can use all sorts of fun craft materials to create their very own Valentine's Day greetings or bring a shoe box to decorate and use as a valentine mailbox."

Cost is \$5 per child; the cost for Beach Buddies members is \$2.50 per child.

Children must be accompanied by an adult. Participants may come and go between 1:30 and 3:30 p.m., and cookies and punch will be served.

For more information about the workshop, call the museum at (785) 532-7718. People also can stop by the museum at 14th Street and Anderson Avenue at the southeast corner of K-State's campus to find out more about the Valentine's Day workshop.

The museum is open from 10 a.m. to 5 p.m. Tuesdays through Fridays and from 1 to 5 p.m. Saturdays and Sundays.

Admission is free, and complementary visitor parking is available adjacent to the museum.



Post/Stairrett

Jennifer Ebdrup plays with her 5-month-old son, Evan, during the Mommy and Me playtime Jan. 7. The playtime is open to families with children 6 months to 5 years old.

Mommy and Me

continued from page 17

"It's nice because we went swimming all summer long," Hobby Hunter said. She and her 2-year-old daughter, Hannah, have attended twice.

But Mommy and Me isn't just for mommies. The whole family is welcome to attend, and the cost is \$2 no matter how many family members get into the pool.

First Lt. Jeremy Ebdrup of 1st Engineer Battalion said his family - wife, Jennifer; daughter, Sum-

mer, and son, Evan - go to the pool during the summer and they loved coming to their first Mommy and Me session.

The Ebdrops attended with their neighbor, Kresta Sunderman, and her children, Ashlee and Maddox. They heard about the event from a neighbor.

"Obviously the kids can't play outside in the winter," Ebdrup said. "It makes it a lot nicer. It's something to do."

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Chapel services



Post file photo

Kapaun Chapel on Custer Hill offers a service aimed at young families.

Contemporary Protestant

Drums, guitars and praise songs in an informal setting characterize worship taking place at Kapaun Chapel from 11 a.m. to 12:30 p.m. Sundays. Soldiers and young families are the target audience for these worship services.

Catholic

Sunday Roman Catholic Mass takes place at Morris Hill Chapel 9 to 10:15 a.m. and historic St. Mary's Chapel 11 a.m. to noon. For information on Soldier and family member religious education and sacramental preparation classes, call 239-4815.

Lutheran

Traditional Lutheran Liturgical worship takes place Sundays from 11 a.m. to noon at Normandy Chapel. Services follow the Lutheran Book of Worship format with traditional piano accompaniment. Communion is shared almost every Sunday.

Traditional Protestant

Tradition oriented service with an evangelical bent takes place at Normandy Chapel on Sundays from 9:30 to 10:30 a.m. The service uses hymns from the revivalist tradition and worship is patterned after a conventional Baptist format. Piano music accompanies hymns.

Gospel Protestant

A Gospel takes place at Morris Hill Chapel Sundays from 11 a.m. to 2:30 p.m. Sunday School is taught beginning at 9:30 a.m. The preaching of the Word of God and music in the gospel tradition is an integral part of worship. A variety of Soldier and family religious education and week night programs are scheduled. For more information, call 239-4814.

Traditional/Blended Protestant

This community oriented worship takes place Sundays from 10:30 to 11:45 a.m. at the Main Post Chapel. Worship combines traditional hymns with a Praise Band consisting of guitar and drum. For information about religious education programs, call 239-6597.

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Catalog

continued from page 17

Spring/Summer 2006 Exchange Catalog shopping spree.

Three lucky winners will receive a \$500 shopping spree from the Exchange Catalog and Exchange Online Store. Complete details are located inside the new catalog.

The 2006 Spring/Summer Exchange Catalog is available at all main stores and online at aaefc.com, usmc-mccs.org, navy-nex.com or cg-exchange.com.

Prices in this all-services catalog are valid Jan. 18, 2006, through July 17, 2006, for any authorized exchange customer.

Active duty military members

of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen, Department of Defense civilians stationed overseas, exchange employees and their family members are authorized exchange privileges.

Orders can be placed by mail, fax or phone.

Toll free orders can be placed from the United States, Puerto Rico or Guam at (800) 527-2345.

Authorized customers can also shop the 2006 Spring/Summer Exchange Catalog online at aaefc.com, usmc-mccs.org, navy-nex.com or cg-exchange.com.

Contract

continued from page 17

new Commissary Advanced Resale Transaction System, known as CARTS.

This new front-end and back-office support system will replace the commissaries' current, aging point-of-sale operation by 2008, said Patrick Nixon, DeCA chief executive officer and acting director.

"Our deployment of CARTS will dramatically improve our stores' point-of-sale systems and as a result make us more efficient and effective."

CARTS is being lauded as the next generation of front-end operations because of its ease of use, higher reliability and automated cash management capabilities, said Bob Comer, DeCA's program manager for the new system.

"Front-end employees as well as customers will see the difference in improved operations at the

register," Comer said. "The rigorous selection process evaluated every element necessary for a successful replacement and life-cycle management. In the end, IBM was the clear winner."

"Much of what DeCA does is on the cutting edge when it comes to grocery operations," Nixon said. "This key investment in technology is funded by the 5-percent surcharge we collect at the cash register. We went to great lengths to ensure our patrons received the highest return on that investment possible."

Plans for implementing the new system will be announced at a later date, officials said.

Kevin Robinson writes for *DeCA Public Affairs at Fort Lee, Va.*

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DoD sets CFC record

By Sara Wood

AFPS

WASHINGTON — The Defense Department raised a record-high \$15.1 million in the 2005 Combined Federal Campaign, exceeding the department's goal by \$2.3 million.

DoD recognized its organizations for their fundraising efforts Jan. 24 at the Combined Federal Campaign awards ceremony in the Pentagon.

"By all of these contributions, you have enabled the Department of Defense to maintain its distinction as the largest single charitable organization in the world," Michael B. Donley, director of administration and management for the Office of the Secretary of Defense, said to the ceremony participants.

DoD participation in the Combined Federal Campaign was 60 percent, which is about 10 percent higher than the average of other federal agencies, Donley said.

Twenty-three of the 24 DoD organizations that participated

in the campaign earned the National Capital Area unit award for their achievements, he added.

The Combined Federal Campaign is a nationally authorized workplace-giving drive of federal employees.

Employees are given the opportunity to contribute to hundreds of different charitable organizations through payroll deduction or one-time payment.

When this year's Combined Federal Campaign began four months ago, officials were concerned that people would be tired of requests for donations after the numerous natural disasters this year, Deputy Secretary of Defense Gordon R. England said.

However, DoD employees exceeded expectations and demonstrated their giving nature, he said.

"The president talks about the great people in America and how generous they are, taking care of neighbors, and it is what America's all about," England said. "You've all done a wonderful job."

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Middle school hosts own 'Souper Bowl'

By Mike Heronemus
Editor

Fort Riley Middle School conducted its own "Souper Bowl" Jan. 23 to kick off the second academic semester of the 2005-2006 school year.

The school faculty and staff invited parents to visit from 4 to about 6:30 p.m. to learn what their students will be studying in the required core classes and in elective or exploratory classes offered at the school.

Seventh- and eighth-grade students can elect to take one class of their choice each semester, explained Principal Joe Handlos. Sixth-grade students take three six-week exploratory classes each

semester to give them a sample of the electives they can take as seventh- and eighth-graders, he said.

"That way, the sixth-graders can gain an idea of what they would like to study later in school," Handlos added.

Library and media specialist Linda Olson used part of the "Souper Bowl's" general session from 5:10 to 5:20 p.m. to show parents and students filling the north gym's bleachers some of the changes made to the school's Web site.

A key link on the Web site will show parents their students' lesson plans and assignments for the week, she pointed out.

Another link is for new students attending Fort Riley Middle

School. It gives them information they may need to know or would like to know, Olson said.

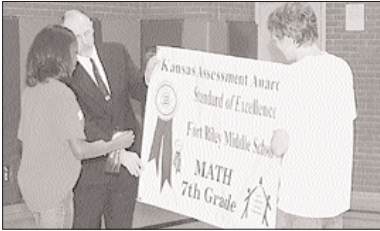
Handlos took part of the general session to point out the significant improvements Fort Riley seventh- and eighth-grade students have made in Kansas math and reading assessments since 2001.

Last school year, Fort Riley Middle School students reached a standard of excellence in math, Handlos noted. "This year they exceeded that," he praised.

Because of the school's performance on Kansas assessment tests, Leland Sharp, president and chief executive officer of the Geary Community Schools Foundation presented Fort Riley Middle School with another ribbon to display on its achievement banner. Students Zack Birchmeier and Taylor Berry accepted the award and attached the ribbon to the banner on behalf of the school's student body, faculty and staff.

Trooper wrestling coaches Don Stevens and Stacey Cooke then presented certificates to members of this year's wrestling team attending the "Souper Bowl." Every wrestler on the team earned at least a 3.15 grade point average while competing on the mat for the school.

Following the presentation, some parents remained seated in the bleachers to listen to a concert performed by the school's beginning band members. Others were invited to enjoy a chili supper in the cafeteria.



Post/Heronemus

Taylor Berry (left) steps up to attach a new ribbon to the math excellence banner held by Fort Riley Middle School Principal Joe Handlos and student Zack Birchmeier Jan. 23 at the school's "Souper Bowl."



Post/Heronemus

Members of the sixth-grade percussion section keep the beat for other members of the Fort Riley Middle School beginners band playing during the school's "Souper Bowl" Jan. 23.

Students perform with middle school honor band

Staff report

Five Fort Riley Middle School students performed with their district honor band Jan. 21 at Junction City High School.

Troopers selected for the Kansas Music Educators Association North Central District Middle School Honor Band were Shannon Grammel on flute, Victoria Walder and Brittany McBride on clarinet, Jonisha Smith on tenor saxophone and Matt Miller on trumpet.

They joined other honor band selectees for a day of rehearsal and a concert that included selections from "Balladair" by Frank Erickson, "Korean Folk Song" by James Ployhar, "A Childhood Hymn" by David Holsinger, "Omaha Beach" by John Edmondson and "Pevensey Castle" by Robert Sheldon.



Community news briefly

Library features 'Books We Love'

Saturday story times are scheduled at the Post Library at 1:30 and 4 p.m. with stories about horses and ponies this month.

The story on Jan. 28 will be "My Pony" by Susan Jeffers. A young girl dreams of owning a pony but finds her imaginary pony, Silver, can take her to all sorts of places.

The library will celebrate "Books We Love" in February. Patrons are encouraged to come to the library and "nominate" their favorite children's or adult books. Their choices will be displayed through the month to share new favorites with other readers.

The library staff will also read their personal favorite picture books for Saturday story times in February.

The books we love include the story of a pessimistic cow named "Misery Moo," a bear who discovers the magic of books in "A Story for Bear," a misunderstood pooch who writes home from obedience school in "Dear Mrs. LaRue," and the all-time favorite bear "Winnie the Pooh."

The Ft. Riley Post Library is located in Building 5306, and is open from 11 a.m. to 6 p.m. Tuesday through Saturday and noon to 5 p.m. on Sunday. The library is always closed on Mondays. For more information, call 239-5305.

The Post Library is located in Building 5306 on Custer Hill. Operating hours are 11 a.m. to 6 p.m. Tuesday through Saturday and noon to 5 p.m. Sunday.

For more information, call 239-5305.

School Age Services listed

Jan. 27 – Winter Festival at School Age Services, kindergarten through 5th grades

Jan. 27 – 6 to 10 p.m., Parents Night Out

Jan. 30 – Arts and Crafts Center, 3rd through 5th grades

Jan. 31 – Riley Wheels skate rink, 3rd through 5th grades

Feb. 4 – Free childcare 10 a.m. to 1 p.m., in Building 5810

For more information, call 239-9220.

Teen Center lists activities

Jan. 27 – 8 to 10:30 p.m., middle school dance

Jan. 28 – 6 to 7 p.m., Parent Advisory Council

Jan. 28 – 7 to 9 p.m., family dessert potluck and movie

For more information, call the Teen Center at 239-9222.

Support Center lists activities

Feb. 1 – 9 to 11 a.m., financial management/checkbook maintenance class

Feb. 1 – 6:30 to 8:30 p.m., Army Family Team Building classes: introduction to military customs and courtesies, basic military benefits and entitlements and introduction to community resources

For more information, call the Soldier and Family Support Center at 239-9435.

Adults meet, talk of books

On Feb. 2, the adult "Book Talk" group will discuss the novel "Plainsong" by Kent Haruf at 7 p.m. at the Post Library.

The group is open to any adult who enjoys reading and would like to meet new people who share their interest.

All adults are invited to join the group, which meets the first Thursday of each month. Anyone wanting to join the discussion can check out a copy of the book at the library during regular hours.

For more information or to join the group, call 239-5305.

Following '20th of Month' rule avoids gaps in Tricare coverage

TriWest Healthcare Alliance

As his retirement date on the first of the month drew closer, Navy Chief Petty Officer Matt Jefferson counted the days. He was glad his wife, Judy, did, too.

She circled the 20th of the current month on the calendar with a reminder to enroll the family for Tricare Prime health care coverage as retirees on or before that date.

"If I hadn't remembered to renew our coverage, we would have been without Prime coverage when I hurt my leg falling off the kitchen stool," Judy said. "Although we still could have used Tricare Standard or Extra, we would have had to pay more out of pocket."

Individuals who've been in the Tricare system for any length of time may have heard of the "20th of the month rule" without really understanding what it means.

Tricare's "20th of the month rule" is designed to prevent a servicemember's Tricare Prime health care coverage from being interrupted, whether the military member is enrolling for the first time or re-enrolling in anticipation of retirement.

Tricare Prime coverage requires servicemembers to complete and submit a Tricare Prime Enrollment Application (available online at www.TriWest.com) and the appropriate enrollment fee. Under most circumstances, the servicemember must submit the form and the fee on or before the 20th of the current month, so that



Prime coverage will be effective on the first day of the following month.

For new enrollments, if Tricare West Region contractor, receives a new Prime enrollment application on or before the 20th day of the month, the servicemember and family will be enrolled in Prime effective the first day of the following month. But if the enrollment form and fee are received after the 20th of the month, Prime enrollment will not be effective until the first day of the second month after application is received.

For example, if the application and fee are received by TriWest on or before Feb. 20, the servicemember's Prime enrollment will have an effective date of March 1. If the application is received on Feb. 21 or later, that enrollment will not begin until April 1.

If an active duty servicemember's date of retirement falls on the first of the month (as it does for most), and he or she chooses to re-enroll in Prime and returns the completed enrollment form and fee to TriWest on or before

the 20th of the month preceding the retirement date, Prime coverage will begin on the first. This will help ensure continuous, no-lapse coverage for the retiree and his or her family.

If the retirement date does not fall on the first of the month, the Prime enrollment application and fee must be submitted within 30 days before the beneficiary's retirement date. That way the effective enrollment date will be the retirement date, and there will be no break in coverage.

Before reenrolling in Tricare Prime, soon-to-retire servicemembers also must update their records in the Defense Enrollment Eligibility Reporting System to reflect the change in status and any planned change of address or other information.

Status changes reflecting retirement must be done in person by visiting the military personnel office or ID-card-issuing facility, so that new ID cards can be issued.

Address changes can be made online at

<http://www.tricare.osd.mil/DEER> S/default.cfm or directly to the DMDC Web site at <https://www.dmdc.osd.mil/app/aaddress/index.jsp>; by fax at 1-(831)-655-8317; or by mail to Defense Manpower Data Center Support Office, ATTN: COA, 400 Gigling Road, Seaside, CA 93955-6771.

For more Tricare program information, visit www.tricare.osd.mil or www.triwest.com on the Web or call (888) TRIWEST (874-9378).

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Picerne

continued from page 17

sign a ROA. A spouse may sign on behalf of a deployed sponsor; however, the spouse must have a Special Power of Attorney that specifically authorizes signing of the ROA and starting the allotment.

The ROA is a two-page document that will be accompanied by a Resident Responsibility Guide that describes the terms of the agreement and the standards for the housing area.

Picerne Military Housing and Fort Riley's Residential Communities Initiative office recently submitted the Community Development Management Plan to Department of the Army for approval. Under the CDMP, which serves as the blueprint for the 50-year project at Fort Riley, Picerne Military Housing plans to build about 2,100 new homes and renovate all the existing homes during the first 10 years of the project.

Picerne Military Housing has begun briefing members of Fort Riley's Command Group on privatization and the ROA and will soon begin unit briefings. Soldiers will have the opportunity to sign the Resident Occupancy Agreement after the briefings.

For more information about the ROA, call Picerne Military Housing at 717-2200 or the Fort Riley RCI office at 239-0650.

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Spouses talk about

Navy wife: Important to know own identity

By Samantha L. Quigley
AFPS

WASHINGTON – Military life is full of ups and downs. But for it to be a more positive experience, military spouses have to know themselves, Amberlynde Graham said.

Graham has been a married nearly six years to a Navy fire controlman. He operates, maintains and repairs weapons systems' control mechanisms.

In that time, the couple and their four children – the youngest is now 22 months old – have had six changes of station in five states and gone through two deployments. They are now stationed in San Diego.

Through the moves and separations, Graham's enthusiasm for military life has not been dampened. She attributes this to sense of self beyond her role of military wife, she said.

"If you don't know who you are, you can't be a military wife," Graham said. "Not a happy one

anyway."

Those with jobs or volunteer positions are much more likely to successfully weather deployments and separations than those who live only for their husbands, she said.

"If you don't know who you are when your husband's there, what are you going to do when he's gone?" she asked. "You're going to have (periods of separation), ... and you can't sit there eating ice cream and crying the entire time. You have those days, trust me. But you can't do it all the time."

While Graham stays home with her children, she has a clear picture of who she is apart from military life.

College degree served her well

Her journalism degree from the University of Texas has served her well as an editor for an outdoor sportsman magazine, a job she does from home. She's also in

contract negotiations with a publishing company regarding a novel she's writing.

She also wishes that others knew who she and other military wives are. People often believe that when a woman marries into the military, she's the "little wife" and will never be anything else, Graham said.

"It bothers me, the negative connotation (that) follows all of it: You can't be your own person," she said. "There's no reason why anybody has to let that happen." She suggested spouses seek help from service family assistance centers to further their education or find a fulfilling job.

Higher visibility of spouses satisfied with their military lives would go a long way toward dispelling stereotypes and misperceptions, she said.

"The spouses everybody sees are the housewives dragging four kids to the commissary screaming at them," Graham said. "The reality is that I've met ... literally somebody from every single walk

of life. Just because a military spouse has her own career and identity doesn't mean she doesn't have to deal with issues related to military life, though. Graham has had to answer her children's questions about where Daddy is and when he'll be home. Sometimes the answer isn't what a child wants to hear.

Graham's daughter is in elementary school and had a solo in her school's Christmas program this year. Her father missed it for the second year in a row because he was at sea.

Husband makes time with kids count

Graham said her husband works to make the time he does spend with the children count.

The children also realize the importance of what their father does, she said. "You take them to the ball games and stuff, and my daughter – she's 7 – she'll cry at the national anthem already," Graham said, noting that the chil-

dren's father, uncle and grandfather have all served in the military. "So, I think, as they've gotten older they've actually had more respect for (military service)."

Graham and her husband recently decided that he would become a career Sailor. She said the decision made sense after they compared military and civilian pay and benefits for similar jobs.

"If you look at the cash on the paycheck, it doesn't come out to much," she said. But, after comparing salaries, housing and health insurance costs in the civilian world, it was an easy call, she said. "We actually make more than someone with a degree in his field (in the civilian sector)," she said.

While the majority of her life in the military has been good, there have been some true frustrations for Graham. Getting her degree was a challenge, she said, and her husband's deployments have sometimes made her a single parent.



ANS/Quigley
Amberlynde Graham has been a Navy wife for nearly six years. She said through six changes of station and her husband's two deployments, her enthusiasm for military life has not been dampened.

RAINBOW BREAD
2 x 3"
Black Only
2x3 Rainbow

SHEAR EFFECTS
2 x 3"
Black Only
2x3 Turning Beds

OFFICE CAT
2 x 3"
Black Only
2x3 Tax owls

MILITARY ONESOURCE-AFC
6 x 11"
Black Only
FULL COL 637882 MAP



their life in military

Mom, entrepreneur sees life as 'adventure'

By Samantha L. Quigley
AFPS

SAN DIEGO — The key to escaping a tedious life is to maintain a positive attitude, the wife of a Navy physician and diver said.

"Always view life as an adventure, and that's true whether you're in the military or not," Meredith Leyva said.

Leyva and her husband, Lt. Fernando Leyva, live in Pensacola, Fla., where Fernando is finishing his residency while assigned to the Navy Experimental Diving Unit. It's the family's sixth duty station since they married six years ago.

In 1998, Leyva used her experience as a military spouse to set up a Web site called CinCHouse, which stands for Commander-in-Chief of the House. CinCHouse serves as a resource for military wives, girlfriends and women in

uniform. Today, more than 900,000 women use the site to share support and advice on making the most of military life, she said.

Leyva has also written "Married to the Military: A Survival Guide for Military Wives, Girlfriends and Women in Uniform." The book is a handy guide to navigating the ins and outs of military life with amusing anecdotes and helpful advice for enjoying the adventure of military life.

Military families face special challenges, she said. Like many other military children, Leyva's son, Alejandro, 3, has experienced one of the family's moves, and there's no doubt that it was difficult, she said.

But coping with the numerous changes of military life gives spouses and children valuable skills for the future. "(Relocation) does teach children how to cope with new situations and meet new

people," Leyva said. "And it does tend to make them less afraid of taking the step of making new friends."

Leyva said military children's reaction to moves is directly affected by their parents' reactions. "One of the worst thing spouses can do is ... just sit around and mope about it," she said. "The key is treating it like a new adventure and, most important, quickly getting your child established into a new network (of friends)."

Re-establishing a network of friends is beneficial for spouses and children, Leyva said. It gives children a sense of normalcy, and spouses develop contacts they can call on in an emergency.

Making new friends is not the only challenge a spouse may face when orders for a permanent change of station are received. A new job also may be necessary and finding new, gainful employment every three years or so, isn't

always easy, Leyva said.

She has struggled with this during her time as a military wife, although she has discovered a way to combat the issue. Along with her work with CinCHouse, Leyva is currently a partner in a Web-based fitness company and invests in real estate — both portable livelihoods.

However, she said she knows her earnings could be significantly higher. "There is no doubt that our continuing to move around harms my ability to make income, which is a significant financial loss," Leyva said. "On the other hand, if we had the opportunity to go to Europe or do something really exciting, you bet I'm going to jump on it."

While there is no getting away from the anxiety of relocating and finding a new job, Leyva said she's gotten some good advice that helps her cope. "Anything said or done three months before

and three months after a relocation does not reflect on the state of your marriage," she said.

While military life has some hardships, it also offers wonderful opportunities for spouses and children, Leyva said. This includes the chance to experience other cultures first hand. Many military children learn to speak different languages, and living overseas can give them a broader world view than the typical American child has. Children with a better understanding of the world make better American citizens, Leyva said.

With all its opportunities and challenges, Leyva said the military is like an all-American family that has a real purpose. "It's amazing how quirky military folks are and how intimate you become with them. And I love that about the military," she said. "You get to be a part of something so much bigger than yourself."



ANS/Carpenter

Meredith Leyva speaks to an audience at the organization's first convention, held Jan. 10-12 in San Diego.

AFTER DARK VIDEO

2 x 2"

Black Only

2X2 Netter Dk Video/Jan TF

KIMBROUGH ELIZABETH

2 x 2"

Black Only

2X2 Liz Kimbrough

CHANGING TIMES BOUTIQUE

2 x 2"

Black Only

2x2 CTB JanTF

DAILY UNION

6 x 12.5"

Black Only

post service directory



Travel & Fun in Kansas

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America's Warfighting Center

Friday, January 27, 2006

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Jan. 27 - The Chronicles Of Narnia (PG) 125 min

Jan. 28 - The Family Stone (PG-13) 102 min

Jan. 29 - 2 p.m., The Chronicles Of Narnia (PG) 125 min

Jan. 29 - Pride & Prejudice (PG) 128 min

Feb. 2 - The Family Stone (PG-13) 102 min

Feb. 3 - King Kong (PG-13) 188 min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel and Tourism Web site, www.travelKS.com.

Abilene:

What: Kansas Statehood Ball. 1860s period dance to celebrate Kansas' statehood. Period dress is encouraged, but not mandatory.

When: 7 to 9 p.m. Jan. 28

Where: 619 N. Rogers, Sterl Hall

Phone: (785) 263-2681

Web site: www.heritagecenterdk.net

Admission: \$5

Salina:

What: Kansas Day Celebration. Celebrate Kansas' statehood with living history demonstrations, tours and entertainment.

When: 2 to 4 p.m. Jan. 28

Where: 211 W. Iron, Smoky Hill Museum

Phone: (785) 309-5776

Web site: www.smokyhill-museum.org

Admission: Free

Burlington:

What: Pioneer Days. Step into the past and relive events through hands-on activities, exhibits, demonstrations of pioneer life, and the celebrity ham and bean feed.

When: 10 a.m. to 4 p.m. Jan. 28

Where: 1101 Neosho St., Coffey County Historical Museum

Phone: (620) 364-2653 or (888) 877-2653

Web site: www.coffeycountymuseum.org

Admission: Free

North Newton:

What: Celebrate Kansas Day. Performances, take-home crafts for kids, horse-drawn wagon rides, bake sale, and flea market.

When: 1:30 to 4:30 p.m. Jan. 28

Where: 2801 N. Main St., Kauffman Museum

Phone: (316) 283-1612

Web site: www.bethelks.edu/kauffman

Admission: Free

Topeka:

What: Recreational Vehicle show

When: Noon to 9 p.m. Feb. 3-4

Where: Kansas ExpoCentre, One ExpoCentre Dr.

Cost to last year's show: Adult \$6, children 5-12 \$3, under 5 free

Tickets: (785) 234-4545 or (785) 297-1000

Funston's Past

Site of new barracks bears WWI memories

Robyn Haynes

K-State Intern

Fort Riley bears symbols left from the World War I training camp that once covered the east side of post.

Camp Funston offers visitors a piece of the post's history and heritage experienced by thousands of soldiers who completed basic training at the camp dedicated to a young Army general officer named Frederick Funston.

Funston earned a reputation for his roles in the Spanish-American and Philippine-American wars.

When he was a colonel of the 20th Kansas Volunteer Regiment, Funston received the Medal of Honor for action during the Philippine-American War. When he was promoted to brigadier general at the age of 35, Funston became a legend on the frontier.

Raised in Iola, Kan., Funston grew up in Iola, Kan. His adventuresome drive towered above his five-foot-four stature. Despite failing the U.S. Military Academy entrance exam and not meeting the academy's minimum height requirement, Funston was determined to be a Soldier and enlisted in the Army.

Funston never served at Fort Riley, but his courageous reputation earned a place for his name to be used on post for decades to come.

America's entry into World War I resulted in many changes at Fort Riley. Facilities were greatly expanded and a training site named Camp Funston was built five miles east of the permanent post during the summer and fall of 1917. This training site was one of 16 across the country and could accommodate from 30,000 to 50,000 men.

Soldiers living in the camp were trained to fight and win "the war to end all wars." People of that time thought World War I would be the last "Great War," not knowing that years later the United States would fight in another, greater war.

Maj. Gen. Leonard Wood commanded the camp. Cadre under Wood's command trained nearly 50,000 recruits from the Great Plains to fight in World War I.

They became part of the 89th Division that deployed to France in the spring of 1918.

Today, visitors to Camp Funston - located east of Huebner Road near the Ogden gate - can see a stone monument memorializing thousands of Soldiers who spent years training for combat. The monument's inscription reads:

"To the men who trained at Funston for the Great War."

Just a few hundred yards west, across Huebner Road from Camp Funston, visitors can see the remains of Wood's home on the hill overlooking the camp. The house has crumbled, but the stone fireplace and foundation stands.



Post file photo

The Camp Funston monument stands at the historic camp's location to commemorate the thousands of Soldiers who trained there to fight in World War I. Today, construction is under way at Camp Funston to prepare the camp for a new generation of Soldiers headed to Fort Riley.

African safari will go to lucky 'G.I.'

Offer honors OIF, OEF veterans

Stan Skinner

Safari Club International

TUCSON, AZ - Safari Club International (SCI) has launched Operation Freedom Safari to honor the thousands of America's sons and daughters who have served their country with distinction in Iraq, Afghanistan, Bosnia or other recognized current war zones.

Operation Freedom Safari will invite one lucky servicemember to go on a seven-day, plains game, all-expenses-paid African safari in the famed Tuli Block of Botswana.

As a bonus the safari will be featured on the Jim Zumbo Outdoors television show, which appears on the Outdoor Channel.

SCI members and ranch owners Eric and Oksana Sparks will host the entire safari on Matlou and Sukkes game ranches in southeastern Botswana.

This includes travel, food, accommodations, professional hunter, permits, trophy fees and animals.

These ranches are home to free-ranging, wild elephants, lions, hippos and plains game.

"Those who serve or have served proudly in our nation's armed services have given much to preserve our way of life," said SCI President Mike Simpson.

"Operation Freedom Safari is a small gesture of thanks to show our military how much we appreciate their sacrifice."

Any enlisted servicemember who has served, or currently serves, in Iraq or Afghanistan is eligible for Operation Freedom Safari.

To enter, eligible service members must write a one-page essay titled "I have always wanted to go on safari in Africa because..."

The winner will receive the entire safari, including travel to and from Africa.

The winner will also be outfitted with the necessary clothing, gear, rifle, ammo, scope, and binoculars.

Television host Jim Zumbo and SCI's Steve Comus will select the winner after personally reviewing entries.

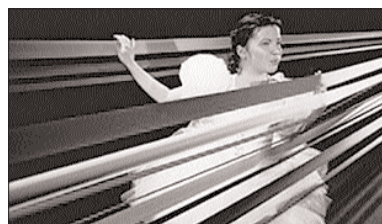
To enter, current or former military enlisted personnel who have served in Iraq, Afghanistan, Bosnia or other recognized current war zone merely need to send their one-page essay about why he or she always has wanted to go on safari, along with name, rank, service number and personal contact information to Steve Comus at Safari Club International, 4800 W. Gates Pass Road, Tucson, AZ 85745.

Or, apply online at www.safariclub.org, or go to <http://www.free-domisafari.com/>

Entries must be received by June 1, 2006, and all eligible service members are encouraged to enter.

'Living Memory' set at McCain

Stage production series kicks off with child's flashback



Publicity photo

A member of the cast performs during "Living Memory."

Kansas State University

MANHATTAN - The first performance of the new year in Kansas State University's McCain Performance Series will be "Living Memory," a play presented by Theatre Les Deux Mondes.

The curtain goes up at 7:30 p.m. Jan. 19 in McCain Auditorium.

According to the Theatre Les Deux Mondes Web site, the play tells the story from the labyrinth of a little girl's memory.

Outlandish toys tell us the tale

of a woman's journey, a woman we soon learn is no longer of this world.

The character on stage is a young girl who reminds us that the game of life is short and its rules are there to be broken.

A production for all ages, Living Memory marries poetry and multimedia celebrating the imagination and the joy of life.

Tickets can be purchased at <http://www.k-state.edu/mccain> or by calling the McCain box office at (785) 532-6428 between 11 a.m. and 6 p.m. weekdays.

You can find the Fort Riley Post online at www.riley.army.mil

